

WOMEN'S Running™

SOLE MATE
AWARDS

12
HOT NEW
SHOES

COCONUT, MAPLE,
ARTICHOKE?
THE DIRT ON
FANCY WATERS

Do Compression
Socks Really Work?

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ALOHA!
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IN KAUAI

MAY 2015
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Happy Mother's Day, All You Running Moms!
HOW ALYSIA MONTAÑO WON A NATIONAL CHAMPIONSHIP 6½ MONTHS AFTER GIVING BIRTH!



CHEERS TO
RUNNING!
5 Healthy
Cocktails

GET
FIT,
STAY
FIT

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OUR RUN/WALK PLAN
- >>STRONGER CORE IN 3 MOVES
- >>NEW RECIPES FOR RUNNERS

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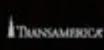
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JUN 13-14	LIVERPOOL, ENGLAND	DEC 5-6	SAN ANTONIO, TX
JUL 18-19	CHICAGO, IL	2016	
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OCT 18	LISBON, PORTUGAL	APR 3	CARLSBAD, CA
OCT 17-18	ST. LOUIS, MO	APR 12	RALEIGH, NC
OCT 25	LOS ANGELES, CA	APR 24	MADRID, SPAIN
OCT 24-25	VANCOUVER, CANADA	APR 30	NASHVILLE, TN
OCT 31	PHILADELPHIA, PA		

RunRocknRoll.com

MAY



We followed fast mamma Alycia Montaño through her pregnancy journey.

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WOMEN'S Running

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FROM THE EDITOR

Role Moms

2014 was a solid year for professional running in the United States. Meb Keflezighi became the first American man to win the Boston Marathon in 31 years, Molly Huddle broke the national record in the 5,000 meters and Shalane Flanagan ran a blazingly fast marathon in Berlin with a 2 hour, 21 minute finish. But in the minds of many fans of the sport, the most groundbreaking performance was by an athlete who finished her race dead last.

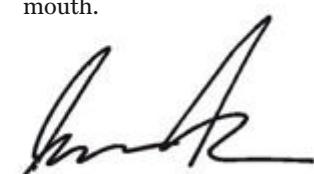
At last year's USA Track & Field Outdoor Championships, Alyisia Montaño lined up for the women's 800 meters fully expecting to lose. For the eight months beforehand, she had backed off a bit on training, and her pace during workouts had slowed significantly. The reason? Montaño was 34 weeks pregnant at the time of the race. On the day of the championships, she cruised around the track in 2:32—35 seconds off her personal best, albeit still pretty quick—and beamed as she crossed the line, throwing her hands up in victory.

While Montaño may have been the final competitor to finish, her race was a huge victory for female athletes. In less than three minutes, she showed the world that "pregnant" doesn't have to mean "delicate." In every news outlet that covered her feat—from *Women's Running* to *The Washington Post*—online comment sections filled with supporters lauding her efforts. While there were naysayers, the facts rose to

the top. Those questioning Montaño's judgment soon learned staying fit is one of the healthiest choices a mom can make for herself and her child. An active pregnancy has myriad benefits, including a reduced rate of gestational diabetes and a healthier heart for the baby.

What I love the most about Montaño's race goes far beyond issues specific to pregnancy. Her two laps on the track painted a powerful message to women everywhere: Being a female with a family doesn't mean you can't pursue a career at the highest level. Montaño's job happens to be running, but this truth extends to any field of employment or any sort of dream a person might want to achieve.

This March, Montaño underlined her point once more, coming back six and a half months after giving birth to win the 600 meters at the USA Track & Field Indoor Championships. We couldn't be more proud to give this amazing mom another well-deserved platform, front and center on our cover. But this is only one small part of Montaño's story—flip to page 52 to find out what being a running mother really means to her, straight from the hero's mouth.



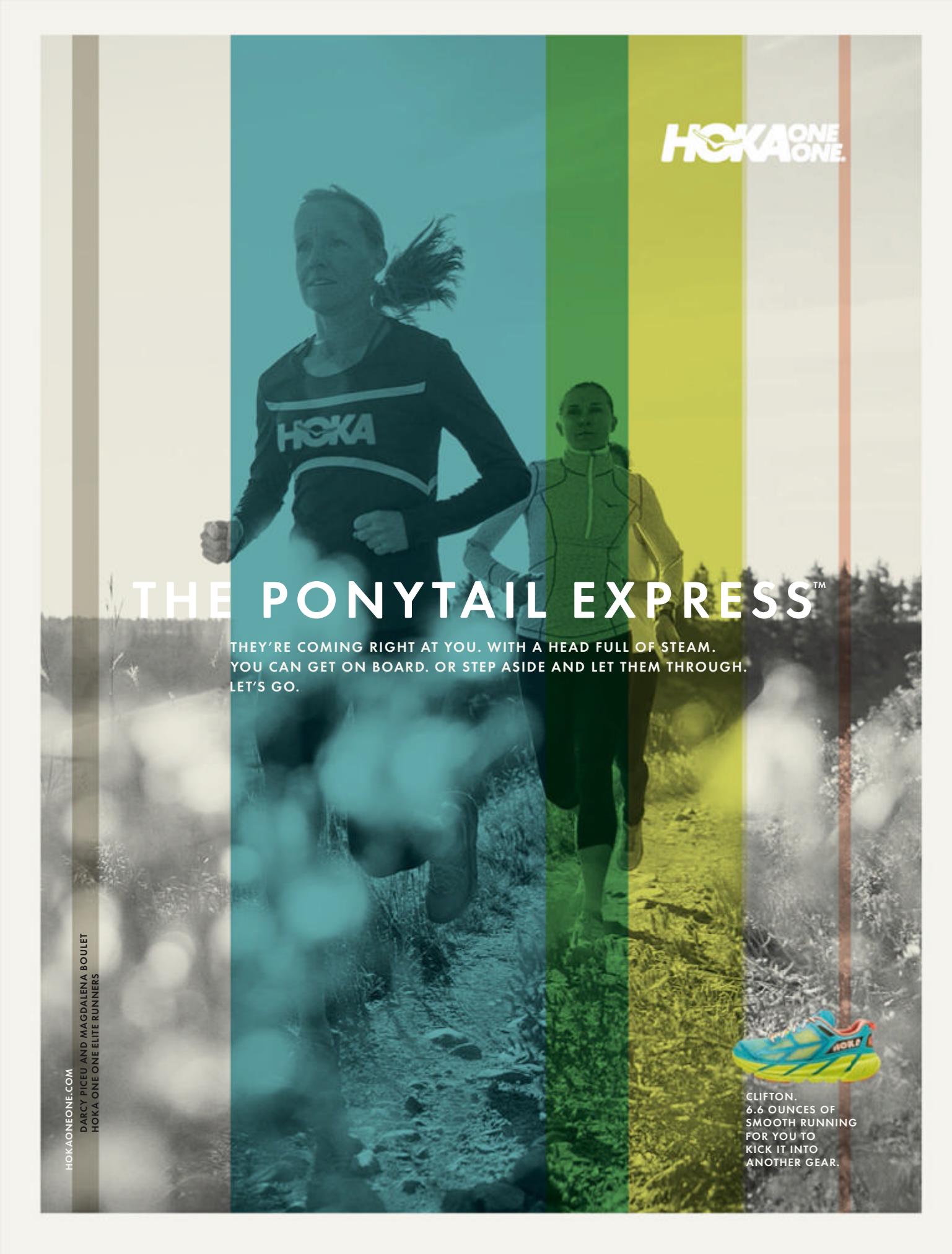
Jessie Sebor / @JessieSebor

Join in on the fun! Use **#TeamWR** on Twitter or Instagram to share questions, pics, tips and brags!

WHERE I'VE BEEN RUNNING TO LATELY...

The folks at Gu Energy work in the lab every day to develop tasty new flavors. They graciously let a few editors try their hands at the process—but I'm guessing our Chocolate Lava creation (this unfortunate mix of cocoa, chili powder, almond butter and maple) won't be hitting shelves any time soon.





HOKA ONE
ONE.

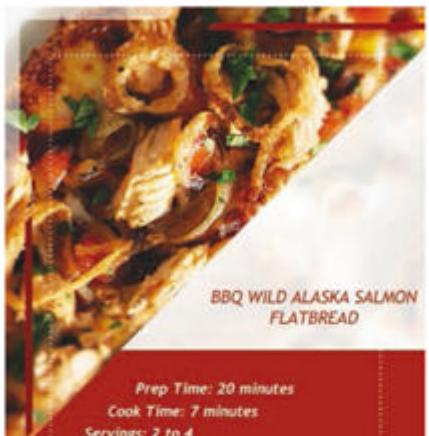
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BBQ WILD ALASKA SALMON FLATBREAD

Prep Time: 20 minutes
Cook Time: 7 minutes
Servings: 2 to 4

RECIPE

2 packaged flatbreads (approximately 4.5" x 11" each)
1/2 cup barbecue sauce
1 cup shredded cheddar cheese
1 cup shredded mozzarella cheese
1 can (7.5 oz.) traditional pack canned salmon or 1 can (6 to 7.1 oz.) skinless, boneless canned salmon, drained and chunked
3/4 cup caramelized, sliced onions
1/2 cup cooked and crumbled applewood-smoked bacon
1/4 cup diced tomato
1/4 cup chopped cilantro
2 Tablespoons canned french-fried onions

Heat oven to 400°F.

Place flatbreads onto baking sheet(s). Spread barbecue sauce onto bread; sprinkle cheeses evenly over sauce. Top flatbreads with drained salmon, caramelized onions, crumbled bacon and diced tomato.

Bake for 5 to 7 minutes, until cheese bubbles. Remove from oven; sprinkle with cilantro and crispy onions.

Nutrients per serving (4 servings):

656 calories, 34g total fat, 14g saturated fat, 47g calories from fat, 120mg cholesterol, 44g protein, 42g carbohydrate, 1g fiber, 1934mg sodium, 654mg calcium and 730mg omega-3 fatty acids.

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What's the best life lesson your mom ever gave you?



My mom always reminded me that whatever happens in love and in life, you're still you, and your achievements are still yours to celebrate.



My mom's actions spoke louder than her words. As a single, working parent for most of my life, she's shown me how to go the extra mile and that's translated to how I approach running as well.



Leading by example, my mom taught me how to be a strong and independent woman.



My mom taught me, "Always look for ways to serve others."



Self-confidence is the greatest gift you could ever give yourself because you must first love yourself before you give your love to someone else.

THE ULTIMATE FOOD FOR RUNNERS ON THE RUN.

Spare a few seconds? As a runner, we know you're thinking - "Seriously? Seconds are an eternity." But we promise we'll make it count. See we appreciate that the demands of daily life coupled with the rigors of your training schedule make getting the best nutrition a never-ending challenge. So when you're crunched for time, Alaska canned salmon is the instant solution for your training table.

Whether it's right out of the can pre-run, or waiting for you as part of a delicious meal at training's end, Alaska canned salmon offers an amazing array of powerful nutrients. Bone-building calcium. Performance enhancing vitamin D. And all the muscle repairing B-12 your tired body craves. Fact is, Alaska canned salmon is one of the quickest nutritional solutions for athletes who are always on the go.

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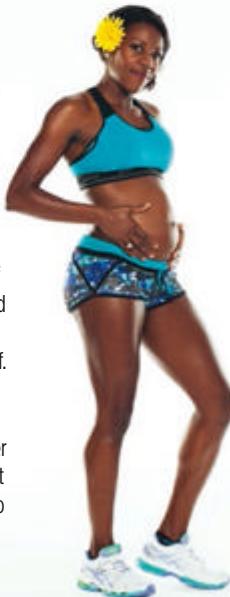
the BEHIND SHOOT

In February 2014, U.S. track and field superstar **Alysia Montaño** announced on her blog that she had a “new training partner”—one who was growing inside her belly. At the Women’s Running offices, wheels started turning: How cool would it be to capture a runner as she journeys into mom-hood? At our first photo shoot in June, Montaño had just hit the 6.5-month mark, and she showed off her bump in style (check the pic of her in blue below).

When we caught up with her again in March to shoot this cover, a lot had changed. She and her husband had moved from NorCal to SoCal, Montaño had just clinched a national indoor title—oh yeah, and she’d given birth to Linnea! Her 7-month-old munchkin was full of giggles and grins.

PUMP IT UP

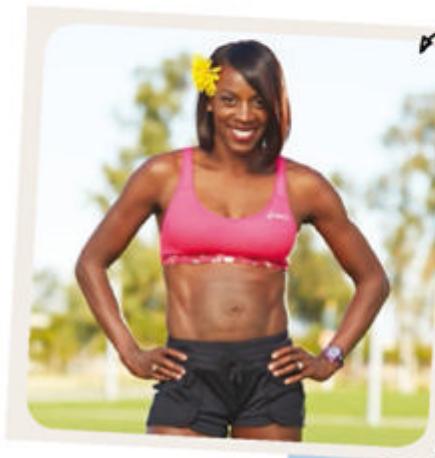
The crew enjoyed a breakfast of fruit and granola as Montaño had her hair done in a conference room at ASICS’s HQ in Irvine, Calif. However, everyone relocated to the lobby when it was time for Montaño to prepare meals for her little girl. “You guys can stay, but this is happening!” said Montaño as she pulled out her pump.



STYLE FOR MILES

Montaño is known for her fierce style, which always includes a flower for her hair. “I like proving feminine can be tough and athletic,” she explains. The ASICS athlete chose a look to match her bright personality.

On the cover she sports **ASICS Adjust Bra** (\$42), **Flex Short** (\$48) and **Gel-DS Trainer 20** (\$120).



GOOD GENES

Montaño’s daughter, who had just learned to crawl a few days before the cover shoot, was moving so fast she lost her **Onitsuka Tiger Mexico 66 Baja TS** (\$50, onitsukatiger.com). See you at the 2040 Women’s Running cover shoot, Linnea!

SUN’S OUT

Fresh from snowy Boston where she’d snagged a national title in the 600 meters at the USATF Indoor Track & Field Championships, the Montaños were happy to enjoy some Cali heat. But the entire crew, Montaño included, finished the day with a little sunburn.



BESPOKE BABY

A seamstress with ASICS created Linnea’s look specifically for the shoot. The mini-Montaño stole the show in the smallest wicking tank top and printed capris we’ve ever seen. Since her outfit was custom-crafted, the baby workout clothes aren’t for sale—but we think a petition to ASICS needs to be started ASAP.





thank
you
Sam
running
buddy

thank you running

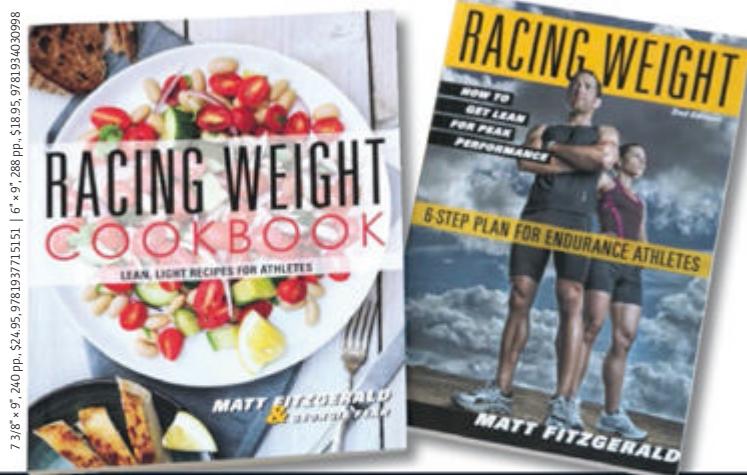
You make waking up at still-dark-thirty easy. And with the responsive Ravenna 6 and its extended mid-foot crash pad for dynamic transitions, you're ready to go—which is good, since your four-legged friend is impatiently resting his wet nose on your pillowcase. Learn more at brooksrunning.com



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This is your run on music.

If you love getting your groove on while striding down the street, you may have a slight advantage over runners who don't bring the tunes. According to a study in *The Sport Journal*, runners who use music to dissociate—or divert their minds from feelings of fatigue—can have up to a 10 percent reduction in perceived exertion during moderate exercise. Music often elicits an elevated mood, which creates good vibrations that may help you to run farther and faster.



TEAM WR {COMMUNITY BOARD}

BLOGGER ON THE RUN



JOURNEY WITH STEPH

By Stephanie Bruce, Flagstaff, Ariz.

"I don't have what you call a fairy tale story of how I fell in love with running. I competed in high school in Phoenix, where it was grossly hot and practice was at 6 a.m.—a disaster recipe for a 16-year-old. My father passed away when I was 18 while I was on a run, and from that moment on running took on a new meaning for me. I no longer felt 'I have to run,' but instead 'I get to run.' It's been a gift and privilege every day since. After college, I qualified for the Olympic Trials 10K. This helped me believe I could run for a living and eventually try to make an Olympic team. I was eighth at the 2012 Olympic Trials 10,000 meters on the track and hope to compete for a coveted top-3 spot in the next few years of my career."



Steph's favorite post-run splurge:

During the summer, any iced sugary almond latte or mocha and a burger, sans bun [Steph has celiac], with bacon, avocado and fries.

We heart runner blogs!

Check out our must-reads at womensrunning.com—including a weekly blog by Steph.

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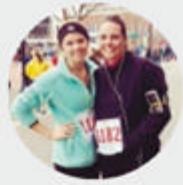
YOU SAY IT—
WE SHARE IT



Have you ever raced
with your mom?



@MariaLynn_JCU My mom and I have done a few together! She does the walk, I do the run. #racebuddies



@AlexisLKiesel My mom and I ran a 5K Jingle Bell Run to benefit arthritis in December. We loved it!



@sbkoonce My sister @lakoonce and I ran Sunset Beach Half Marathon with our mom—her first half!



@livshae My mom @lisatilley and I at the @merrelloutside Down and Dirty Mud Run! ;)



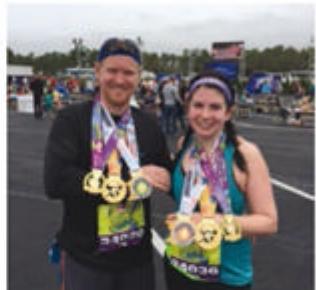
PINNING

From our *Random Inspiration* board... Head toward your goals. You've got this!

Anything's
possible
if you've got
enough nerve.
- J.K. Rowling



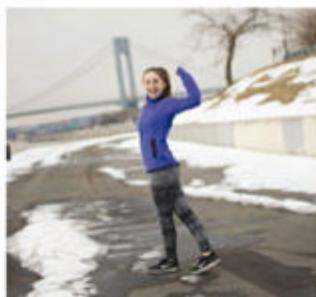
INSTA-RUNNERS



@mainerungirl got "dopey" with her first(!) full and earned some serious Disney bling.



@andie_mlvythorp (far right) met Meb AND BQed at the Houston Marathon. Congrats, girl!



@daniellepuzina nailed it. "It's not the size of the dog in the fight, but the size of the fight in the dog!"



WHAT WE'RE UP TO...



Gear editor @allisonpattillo completed the 2015 Tokyo Marathon as part of her pursuit to run all the marathon majors. Congrats, Allison! (Who loved her travel feature on the majors in last month's issue?!)



@celbeam kicks back like we do—with a blanket and a mag after a hard workout.

Want to show off your **#TeamWR** spirit? Tag us in your Insta photos with that hashy!

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Can you guess the **five** things most WR readers do on the daily?



Run



Go to work or class



Shower



Meditate, pray or worship



Enjoy a cup of coffee or tea

TIME MATTERS
We asked and you answered:
Between running, work, family and friends, how do you spend your day?

How do people between the ages of 25 and 54 (if they have jobs and children at home) spend their time on an average weekday? Here's what data from the U.S. Department of Labor's Bureau of Labor Statistics says:



TOP TIME



64% ■ said your run or workout time is your favorite part of the day.

30% ■ chose family time, meals and the time after your workout as number one.

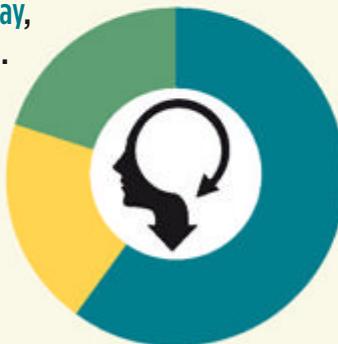
6% ■ ranked sleep as the best part of the day—rest to recover!

If our readers were **gifted an extra hour each day**, this is how you'd spend it. A girl can dream...

60% ■ would run or work out

20% ■ would rather be snoozing

20% ■ would use it to spend time with family, meditate, garden, read, cook, recharge, do yoga or pray



The Prodigal Maniac Returns

Our Marathon Maniac learns a lesson in physiology and philosophy when she puts her trust in a new training plan.

BY DANIELLE CEMPROLA

SHUFFLING ALONG AT A PACE I COULDN'T HAVE GUESSED IF I TRIED, the wind whipped through my hair as I jammed along to the sound of Bruno Mars. For this run, I only had one goal—to end it being happy that I had gone in the first place.

There are plenty of motivational Pinterest quotes and Facebook posts that say things like “The only runs you regret are the ones you didn’t do.” But that hadn’t been true for me for longer than I cared to admit. I regretted the runs I ran too fast and even more so the ones I ran too slow. I regretted the runs that felt too hot or too cold, the runs when I felt tired and the runs when I didn’t get to talk to my friends. I started to feel as if I regretted them all.

Struggling with burnout in the aftermath of my last marathon, I wondered whether I would ever want to run again. As someone who has spent five years letting running define my existence, I couldn’t believe how much bitterness I felt. Combine that with the guilt I carried for not being grateful that I *could* run after months of injury, knowing how many people would kill to be able to get back on the roads, and the results were ugly.

Regardless of how selfish I felt, I knew I had to find the fun in running again or leave the sport behind. Life is too short to run (or do anything else) if you hate it.

So, I let running go. I didn’t run at all some weeks and ran four times during others. I ran 2 miles, 4 miles or 10 miles. I ran at whatever pace felt right that day. I left my Garmin at home and brought my iPod, and I tried to remember all the things running has taught me and why I loved it so much in the first place.

Perhaps most importantly, I asked myself: “If I knew I would never PR again or never run another marathon, would I still run?”

It took me six weeks to answer that question, but eventually I found myself looking forward to lacing up my shoes. I got the itch to sign up for a marathon and start training again, although this time with a lot less self-imposed pressure. *Of course* I would still run.

Over the years, I have run for emotional salvation, to achieve personal bests, as an excuse to travel and make friends, and even as a justification for that extra glass of wine. But now? I’m just running for me and for fun. I realized that it was misguided to think my relationship with the sport would stay the same even as the rest of my life has shifted. Like the supportive family member it is, running welcomed me back with open arms. The prodigal runner has returned. 



4 WAYS TO RETHINK YOUR RUNNING



1 Check in with yourself and see if the reasons you started running still apply today.

2 If they don’t, what goals should you set based on your current motivations? If they do, how can you continue to improve?

3 What is your favorite thing about running? How can you do more of that?

4 If needed, take some time off to figure out how you really feel. Running will still be there when you come back!

Danielle Cemprola lives in South Carolina with her husband and Rottweiler. When she's not running, Danielle blogs at trexrunner.com.

MATT FITZGERALD

Elite Endurance Coach & Sports Nutritionist



“

I LOVE SNACKS THAT ARE EASY TO POP MID-WORKOUT. I KEEP A HALF DOZEN INDIVIDUALLY-WRAPPED TART CHERRY GUMMIES WITH ME ON LONG RUNS AND RIDES FOR AN EXTRA BOOST OUT ON THE ROAD.



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TEAM UP {CHEERING SECTION}

My Biggest Fan

BY EMILY POLACHEK

LIKE MOTHER, LIKE DAUGHTERS...

Runner-mother Lisa Ospitale says her biggest fans are her daughters, Isabella, 10, and Brianna, 5. With their help and through Team in Training (TNT), the 38-year-old marketing and communications director from Long Island, N.Y., raised more than \$5,600 for the Leukemia and Lymphoma Society while training for her first half marathon last year.

Isabella assisted in the fundraising efforts by auctioning off her paintings and wearing purple (TNT's colors) the entire week leading up to the race, the Nike Women's Half

Marathon in Washington, D.C. On race day, she and Brianna, with their father, Michael, cheered from the sidelines, and since then, Isabella has been inspired to run several 5Ks with Lisa.

“My girls are strong,

ISABELLA, BRIANNA, LISA AND MICHAEL ALL POINT OUT LISA'S NAME AT THE NIKE RACE EXPO.



independent, confident and most importantly kind,” says Lisa, who started running just a couple of years ago. “They motivate me to run

because when they see me run after working all day, cooking dinner and helping with homework, then they know they can do anything too.”

Even on days when Lisa can't go for a run alone, she improvises by

transforming her backyard into a track and running circles with the girls. What goes around comes around in this family of speedsters. 

WHO'S YOUR BIGGEST FAN?

Email your submission to editorial@womensrunning.com! Featured entries win some sweet WR swag and a free subscription (or renewal) for you and your fan!

MOTIVATION IN MOTION

“My coach said I run like a girl, and I said if he ran a little faster he could too.”

—Mia Hamm #LikeAGirl



SIGN OF THE MONTH

Spotted by WR reader
Antoinette Carter at last year's
Divas Run Half Marathon and 5K in
North Myrtle Beach, S.C.



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MACHINES



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LACE UP

{TRAINING}



To run long, short, hard, slow or not to run at all?

That's the annoying question. According to a study published in the *Journal of the American College of Cardiology*, running a little bit is better than nothing, running 150 minutes per week is preferred and running more than that could be harmful.

Our thoughts? Way too complicated. **Enjoy the run, listen to your body and work with a physician** to figure out what best fits your goals, body and health history.

New Direction

The *WR* staff is digging Suunto's new sterling silver compass, which does double duty as a navigation device and a statement necklace. The Finnish sports-watch company partnered with Kalevala Jewelry to create a tool that stands independent from the Suunto GPS devices we love for trail runs. With a Polaris compass on the front and the dancing stars of the Nordic sky on the flip side, the **Suunto Guiding Star** (\$300, suunto.com) hopes to inspire adventurers to find their own way on new paths.



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MAY

Celebrate *National Salad Month* by upgrading your bowl of greens with heart-healthy hemp hearts, fresh herbs and edible flowers.

MAY FLOWERS,
MOTHER'S DAY AND
MARGARITAS—PLUS
PLENTY OF REASONS
TO RUN.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4					
10 <i>Why not celebrate Mother's Day with a healthy sweat? Look for a mom-centric race near you like the Mother's Day Mile in Glenwood, Colo. In its 16th year running, this speedy race benefits survivors of sexual and domestic violence.</i> advocatesafehouse.org		5 <i>Cinco de Mayo is the perfect excuse to sip a tart and salty margarita after your run—we like ours coin-style: 2 parts tequila, 1 part fresh lime juice and 1 part orange liqueur served on the rocks in a lightly salt-rimmed glass.</i>			8	9
		12			15	16 <i>Happy Birthday to gold-winning Olympic marathoner (and all-around, record-breaking, wicked good mother-runner) Joan Benoit Samuelson! She won the Boston Marathon in 1979 and 1983, ran it in 2012 with her daughter, Abby, then came back in 2013 (at age 55) to win the women's masters title with a time of 2:50:29.</i>
		20 <i>Pick Strawberries Day! Even if you are just "picking" them at the grocery store, fresh, juicy strawberries have a healthy dose of antioxidants and will satisfy your sweet tooth with only 50 calories per cup.</i>			23	
31 <i>First run in 1921, the Comrades Marathon (actually 90K) in South Africa was created by Vic Clapham, a former soldier looking for a way to help with his nation's healing after World War I. In 1923, Frances Hayward became the first female to run Comrades, even though she did so unofficially, finishing the 56-mile route in 11 hours 35 minutes.</i>	26	27 <i>In honor of Sunscreen Day, we turn to the experts at the Skin Cancer Foundation, who recommend using two tablespoons of sunscreen to cover your face and exposed areas of your body. Add more if you like to sweat it out in a running bra and short shorts!</i>				

Wheel Deal

The founder of Run Stroller Run shares her tips on dominating the pusher-life.

BY KARA DESCHENES

RECOMMENDED RACES:

I'm a huge fan of the **Title 9K Race Series**. Not only has it always included a stroller-running division since its inception 13 years ago, but there's also a Rag-A-Muffin fun run for the kids!

Location: Various around the U.S.
Date: Multiple dates
More info: titlenine.com

I love that the **Donuts for Dads 5K** highlights daddy runners too. A kids' fun run rounds out the event for a day packed with family fun.

Location: East Dundee, IL
Date: 6/14/15
More info: myracepal.com

Not many races are specifically created for strollers, so I love the idea of the **Stroller Derby**. Though it's not a competitive race, it's a great way to get the whole family out to enjoy a 5K run.

Location: Knoxville, TN
Date: 6/27/15
More info: dirtybirdevents.com

The organization that hosts the **Wicked 10K** is known for extremely fun, family-friendly races. I had a blast running in one of their events, and my son even ran in his first kids' race at 22 months old! (Note the date this year: Don't forget to dress up yourself and your stroller.)

Location: Virginia Beach, VA
Date: 10/31/15
More info: wicked10k.com



Pusher Must-Haves:
Investing in a weather protector to put on your stroller when temperatures drop or rainy weather sets in will keep your kids comfortable and dry regardless of the conditions.



EXPERT: LARA COFFEE

This Virginia-based runner knew her journey into motherhood would include squeezing in stroller runs with her children. But she had no idea that transitioning her three-wheeled workouts onto race start lines would be so difficult. Frustrated by the lack of resources for stroller-friendly events, Coffee began compiling an index of races that welcome baby carriages. Before long, friends and acquaintances started begging for the list, which prompted Coffee to publish her work online. The 39-year-old mother of two developed RunStrollerRun.com to help connect moms and dads with family-friendly races.



Pusher Must-Haves:
My Bob jogging stroller was my first purchase after I found out I was pregnant. I knew I wanted to set a healthy example early on and also knew I would be my best self if I could maintain my running after having my babies.

Pusher Must-Haves:
A water bottle holder or console on your stroller is worth its weight in gold. Stroller running is hard work—so it's crucial to stay hydrated!



KEEP KIDS ENTERTAINED:

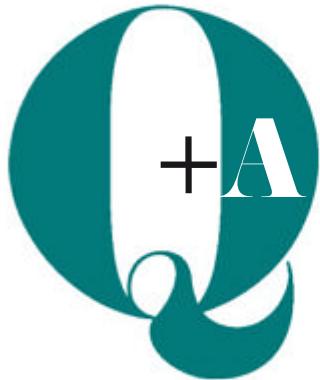
Make stroller running interactive with these games that Coffee and her children play.

Letters, Letters, Letters.

While running, I help my kids work through the alphabet by identifying the letters on road signs or finding things on the run that match each letter of the alphabet.

Scavenger Hunt. I created a list of items that we generally see during our runs (like stop signs or pine cones) for my son to find. Once he spots them, he checks them off his list.

Red Light, Green Light. This game is great for getting in some speed work. My son knows that green means go, so when he yells, "Green light," I sprint until he exclaims, "Red light," at which time I either completely stop or slow down. This game is entertaining for the kids and packs a good challenge for the runner.



I run on both roads and trails that aren't particularly technical, though they do get muddy, so what kind of shoes should I wear?

It's great that you have diversity in your training with both the roads and trails! Choose a shoe that has a medium amount of tread and structure. You won't need the stability and deep tread of a bulky trail shoe. But a road flat will be too light and not supportive enough when you're on the dirt (or mud). Go to your local running store and have them assist you in finding the best model for your foot. Don't forget that the most important job of a shoe is to support your body in the best way possible no matter where you're running!

Q How do I motivate myself to run again? I



used to run 3 to 6 miles almost every day. Now I barely get in a 1-mile walk. I keep saying I'll start again tomorrow...

It can be difficult to motivate yourself, especially after a long day of work and taking care of your kids and family. A great solution is joining a running group. Meeting up with others helps keep you accountable—plus running is always more fun when you are with friends. Check if your local running store has regularly scheduled group fun runs and go online to see what running clubs are in your area. There are almost always runners (and walkers) of varying abilities, so don't feel shy! Often groups socialize and go out for lunch or coffee after the run. You may find that you meet new friends, all while getting back into the running groove!

Q How should your eating change when training for a race?

It's always a good idea to maintain a balanced diet to support good health. Particularly in the months during which you are training more seriously for a race, it is important to consistently refuel with the quality nutrients you need to stay strong. Your body is a machine and what you put into it greatly impacts what you get out of it. And you want to get out there and run fast! 

Have a question for Coach Kigar? Email editorial@womensrunning.com or tweet @womensrunning with the hashtag #AsktheCoach.



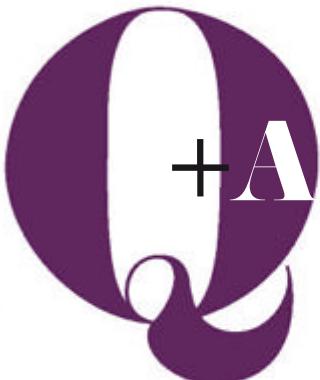
DON'T RUN ON EMPTY!

No matter how early in the morning you run, you need to eat something and drink a glass of water before you get out the door. It can be as simple as a piece of toast with nut butter, a handful of crackers or a banana—but it's crucial that you aren't running on empty. It may take some time to find what works best for your stomach, but with practise you will discover that you have more energy and feel stronger. Be the boss of your run, and don't let it run you.



Etiquette expert Lizzie Post, great-great-granddaughter of Emily Post, knows a thing or two about the rules of the road—and the descendant of the famous decorum diva is a runner too!

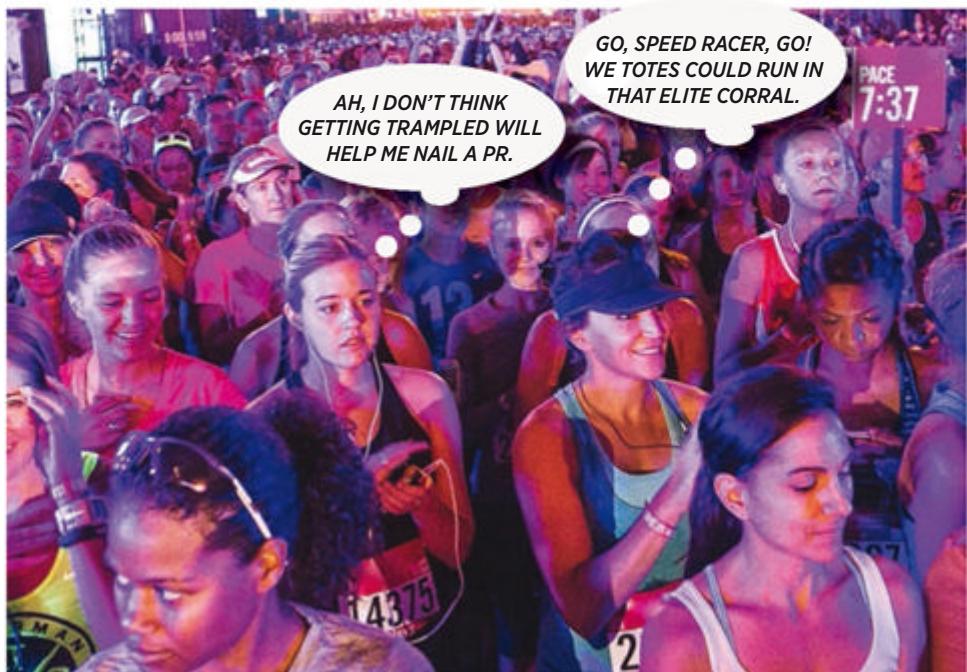
{ETIQUETTE} **LACE UP**



At races, my friend always wants to move up a few corrals, but this isn't the right pace for me—or really her either. How do I tell her no?

This is a situation where I think it's best to separate. You take ownership of what you know your body can do. When she mentions it again, say something like, "If you feel you can, you go for it! I know I'm not ready, so I'm going to stay where I'm at." Either she'll try it and it'll work, or she'll be back with you after a few attempts.

For newly pregnant runners, how do you explain your absence from workouts to running friends without letting your pregnancy secret slip? If you choose to keep your early pregnancy a secret and decide to ease up on running,



there isn't much you can do other than to simply say, "I'm sorry I won't be able to run with you for a while. A few things in my life have changed and, unfortunately, I have to pass on the workouts for now. I'll let you know as soon as I can run again."

What do you say to family and friends when they refer to *every* distance as a marathon? Understand that this is just their perspective and to them you are an Olympian! Some people start out only being able to run a short distance and have to build up. Others have always been able to just run and run and run. It's different for everyone. If I were you, I would simply let their impression be what it is, or answer with a gentle, "Well, this race won't be the full 26.2 miles, but it will be a challenge."

Have a question for Lizzie?
Email editorial@womensrunning.com
or tweet
[@womensrunning](https://twitter.com/womensrunning) with the hashtag
[#ProperForm](#).

What do you do when well-meaning drivers stop in the middle of a multi-lane road to let you cross when there's a green light? I don't want the car one lane over to hit me!

It brings new meaning to the phrase "kindness kills," doesn't it? I usually try to acknowledge the driver's effort but make a motion that lets her know that other traffic won't allow me to take her up on it. I might point behind the car or give a wave and say, "Thanks! But I can't!" and then motion my hand side to side (kind of like a ref's "no goal" but with one hand). It usually gets the point across. The big thing to try to communicate is your appreciation.

What's the lowdown on compression gear?



COMPRESSION SOCKS ARE EVERYWHERE—IN STORES, ON YOUR LEGS, ON HER LEGS, ON MEB KEFLEZIGHI'S LEGS. So what's the deal with these calf huggers? According to Miami-based triathlete and cardiologist Dr. Alice Perlowski, there are four main reasons why you should get snug around your stems...

1. Performance boost while training or racing. “There’s some data that [compression] not only increases venous return to the heart, but it may also improve arterial blood flow in the legs,” explains Perlowski. Translation? More blood flow through your pumper to working muscles while you move.

2. Mechanical support for muscles and soft tissues. “When a person is running, everything is bouncing up and down,” explains Perlowski. Compression “holds it all snug together so not as much jarring of tissue can happen, and things like delayed-onset muscle soreness can be reduced.” Sounds invigorating!

3. Recovery after races.

Perlowski highly recommends jet-setting runners to endure the squeeze during long travel stints to and from a race. “Blood is pooling because you’re not walking around on the plane,” she explains. “There could also be increased clotting action that happens after a race because of inflammation.”

4. Venous insufficiency—aka varicose veins. This can result in swollen legs, ankles or feet at the end of the day, according to Perlowski. “Extra fluid pools in the legs because the valves in the veins don’t work as well as they should. It’s hereditary, and those who have it can feel kind of sluggish particularly if they are doing endurance exercise.”

GETTING THEM ON

Compression socks can be tricky to get on since they’re so snug around your legs—so it’s easiest to do it one small step at a time.

- 1) Grab the heel of the sock, turning it inside out.
- 2) With the sock inside out, put your big toe in first and pull the foot portion of the sock over your foot to your ankle.
- 3) From the bottom near your ankle to the top below your knee, invert the fabric as you slide it up your leg.
- 4) Go run!



PHOTOGRAPHY BY JAMES FARRELL

WHICH ONES?



Knee-highs

These are the biggest bang for your buck. “The majority of the major veins are in the leg, not the foot,” says Perlowski, so these socks promote the highest level of blood flow.



Calf sleeves

For a triathlete, “these are a lot more practical than wearing the socks since you swim first,” says Perlowski. “Normally people put the sleeves on before they start the swim and put their wetsuit on over.”



Ankle socks

You can wear low socks to decrease foot inflammation after running or injury—although Perlowski still recommends the knee-high version before grabbing ankle compression.





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Water running (aka aqua jogging) is great for pregnant runners who want to keep active with less impact.

Run, Baby, Run

Don't let the potential side effects of pregnancy get you down. Here's how you can keep running before and after your baby is born.

BY DEB DELLA PENNA
ILLUSTRATIONS BY CHRIS PYLE



My 10-year-old son is not impressed when his father tells his birth story: "Your mom ran 7 miles the day before you were born." Secretly, I'm proud. Then it wasn't nearly as common as it is today to see baby bellies on the road or in the gym.

This acceptance of running during pregnancy had been percolating for some 25 years. "In the early 1980s, pregnancy was still perceived as a state of confinement and indulgence," says Dr. Raul Artal, professor and chair emeritus at Saint Louis University's Department of Obstetrics, Gynecology and Women's Health. Physicians almost never recommended

exercise during pregnancy—certainly not running.

Now the vast majority of obstetricians have changed their attitude. Most often they will encourage running during pregnancy with this caution: "Hed your body's cues for adjusting your activity," according to *Fit & Healthy Pregnancy: How to Stay Strong and in Shape for You and Your Baby* by Kristina Pinto (VeloPress, 2013), a Boston-based running coach.

Your body goes through a zillion changes, from conception through your baby's first year, that will no doubt affect your fitness plan. Here are five common issues and how you can run your way through them.



DEHYDRATION

You feel: Lightheaded, nauseous, dizzy, dry mouth, headache

Why? We all know it's important to get enough fluids before, during and after exercise. But hydration is extra important for expecting moms, especially in the first trimester and when nursing. Blood volume and cardiac output increase about 40 percent during pregnancy, says Pinto.

Manage it: Individual hydration needs vary due to activity levels, physiology and the environment, but Pinto recommends starting by getting 64 ounces daily and carrying a water bottle to remind you to hydrate. Check the color of your urine during one of many pee breaks—the clearer the better! If you feel lightheaded or nauseous, or if your urine is dark yellow, drink more fluids.



Nausea

You feel: Like ugh, meh.

Why? Thank first trimester extra hormones and "reconstruction." According to Pinto, "Everything is growing, your circulation isn't keeping up with growth, so your hormones and blood circulation are out of whack. In the second trimester, women start to feel better."

Manage it: "Women tell me one of the best ways to deal with morning sickness or nausea is to go outside for a run or walk," says Pinto. The combination of fresh air and movement makes a difference.



Loose Ligaments

You feel: Dull aches or sharp pain in hips, knees or ankles, plus a change in gait. Instability, back pain and increased risk of falls are additional possibilities.

Why? During the second trimester and a few weeks before delivery, the hormones relaxin and estrogen are released to loosen joints and ligaments, especially the hips, to accommodate your baby's growth and birth. These extra hormones affect "performance and the ability to stop, start and change direction during pregnancy," says Artal.

Manage it: "You can stick to your workout program, but listen to your body," says Dr. Rachel Kramer of Lankenau Hospital in Philadelphia. Be mindful of overstretching—it can lead to ligament strains. To reduce extra pressure on your pelvis, Kramer recommends using a foam roller to stretch, because it encourages you to use gravity. For yogis, avoid forcing poses, recommends Pinto.



Overuse Injuries

You feel: Post-pregnancy foot, knee and hip pain

Why? Often runners want to get back on the trails as soon as possible. But if you do so before your body has fully recovered, you may end up with an overuse injury like plantar fasciitis, iliotibial band syndrome or runner's knee.

Manage it: Take care of your feet, because they change a lot during pregnancy, says Dr. Melissa Goist of Ohio State University Wexner Medical Center. Wider hips, weight gain and changes in your center of gravity and gait all affect your footing and footfall. Visit a specialty running store to get fitted for shoes during pregnancy and re-fitted afterward to avoid injury. A maternity band can alleviate back and hip pain by reducing pressure on the sciatic nerve as your body shifts its center of gravity.

Incontinence/Pelvic Floor Weakness

You feel: Urine squeaking out during a run, cough or laugh, or a strong urge to pee before going to the bathroom

Why? The bladder sits on top of the uterus, and as the uterus grows, it puts extra pressure on the bladder, causing increased bathroom urges. In vaginal births, there may be damage to the nerves or muscles that help you hold and release urine—this takes time to heal.

Manage it: Empty your bladder before a workout, or Kramer suggests taking your workout to the gym, where you can use the bathroom anytime. She doesn't recommend wearing Depends or pads, because they can cause chafing and irritate the vulva. Instead, wear black capri pants that won't show a little leak. You can also practice Kegel exercises when urinating: Stop the flow of urine a few times and hold for five seconds, and work up to 10 seconds.



CHANGING GEARS

As your body transforms during and after pregnancy, so will your gear needs.

Belly Belts: Support your growing belly and relieve pressure on your lower back.

TRY THIS: **Gabrialla Maternity Support Belt** has adjustable straps on both sides, back pockets for hot or cold packs and six inches of lumbar support. \$32, fitmaternity.com

Workout Clothes: There will come a time when your usual running outfits won't fit well.

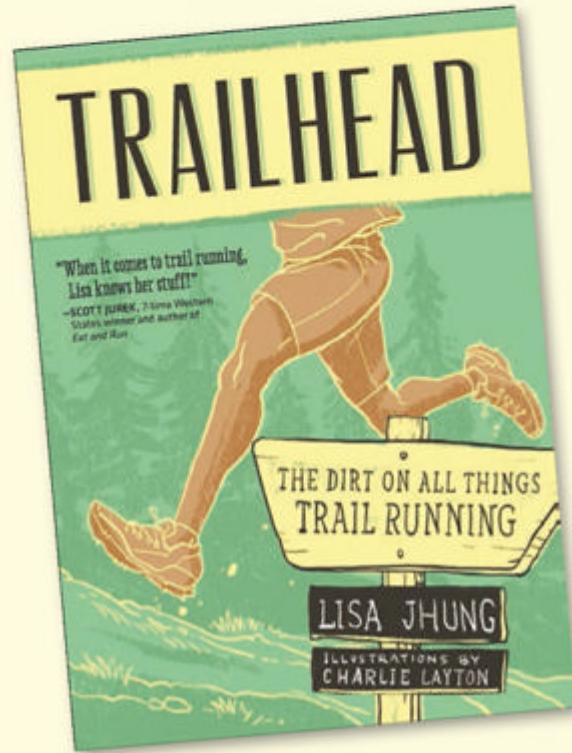
TRY THIS: **Athleta Maternity High Belly Chaturanga Tight** are mid-rise pants with UPF 50-plus protection and a flexible waistband that rolls over your baby bump. \$69, athleta.com

TRY THIS: **Born Fit Dena Racerback Tank** has a V-neck front, a flattering empire waistband and pretty pleating in the back. No one will know you just peed your pants! \$40, bornfit.com

Nursing Jog Bras: Avoid underwires, since they can pinch. "Look for bras with wide, adjustable straps and a wide band under the breasts," says Pinto.

TRY THIS: **Moving Comfort Fiona Bra** is soft, comfortable and versatile. The back enclosure makes it easy to get off and on; adjustable straps give you permission to open one cup for nursing. \$46, movingcomfort.com

THE BEST THING SINCE ROADS



Running is fun, but trail running is bliss.

Off-road running can bust you out of a running rut, invigorate your passion for going long, and make you a stronger all-around runner.

Get a head start with *Trailhead*, a fun, illustrated guide that dishes the dirt on all things trail running. From choosing the right gear to handling wildlife and weather, *Trailhead* will bring you up to speed for jaunts off the beaten path to full-on miles in the mountains.

See a preview at velopress.com/trail.

AVAILABLE NOW in bookstores, running shops, and online.

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FUEL UP

{NUTRITION}

Gluten-Free: fact or fad?

According to a recent study by Consumer Reports National Research Center, **nearly two-thirds of Americans believe that following a gluten-free diet improves mental and physical health—but a mere 7 percent actually have an intolerance** due to a medical condition. While the popular wheat-free diet has been credited with shrinking waistlines and improving energy levels, research favors both sides of the dinner table. If your gut screams at the thought of full-blown pasta, test some gluten-free options and see if it makes a difference for you. If you're a celiac like elite runner and *WR* blogger Stephanie Bruce, test out her gut-friendly option for banana bread.



GLUTEN-, DAIRY-, EGG- AND SOY-FREE BANANA BREAD

2 ½ cups almond meal
2 tsp. baking powder
1-2 tsp. cinnamon
¼ cup nuts and/or chocolate chips
2 large or 3 medium bananas
½ cup nut butter
½ cup brown sugar
1-2 Tbsp. almond milk if consistency is too thick
1 extra banana, sliced for topping (optional)

Preheat oven to 350 degrees. Combine dry ingredients in one bowl and mix well. Mash bananas in another bowl, and mix in nut butter, brown sugar and almond milk. Add to the dry bowl and scoop onto a 9-by-9 or 9-by-13 baking pan, depending on how thick you desire. Put sliced bananas on top if you want. Bake for 18 to 22 minutes and dig in!

FUEL UP {WE'RE OBSESSED}

Flowers are special any time of year, but they are even sweeter in post-Snowmageddon spring.



1. This **Vanilla Rose Ice Cream** (saltpepperskillet.com) starts with the essence of rose water and finishes with the yummy taste of vanilla. Pistachios complement the flavors and give a satisfying crunch. If you have an ice cream maker, get the recipe online. If you don't have one, maybe one of your neighbors does. I am lucky—Justin McChesney-Wachs, who lives across the street from me, also hosts the above food blog with lots of yummy recipes. I'm always happy to taste test!

—Nicki Miller, *managing editor*

2. When you need to bring out the big girly-guns (think: baby shower, engagement brunch or a post-workout treat for your pink-loving running partner), **Candied Rose Petals** will definitely do the trick. They're simple to make and look lovely perched atop cupcakes or sprinkled over yogurt parfait.

—Jessie Sebor, *editor in chief*

Ingredients:

3 organic roses
2 egg whites, lightly beaten
2 cups superfine sugar

Remove petals from the stem, discarding any that are broken or browned. Use a paint or pastry **brush** to lightly cover one petal with egg white. **Sprinkle** sugar over to cover and let **dry** on a baking sheet lined with parchment paper. **Repeat** with the remainder of the petals, and allow them to dry for 6 hours, or overnight.

3. For spring sipping, a crisp, refreshing creation like **The St-Germain Cocktail** (stgermain.fr) wets my whistle without being cloyingly sweet. St-Germain's subtle floral flavors come from delicate elderflower blossoms, which are available for just a few weeks each spring.

—Allison Pattillo, *gear editor*

Ingredients:

2 parts dry sparkling white wine
1½ parts St-Germain
2 parts club soda

Fill a tall Collins glass with ice. **Add** sparkling wine, then St-Germain and then club soda. **Stir** completely and **garnish** with a lemon twist.

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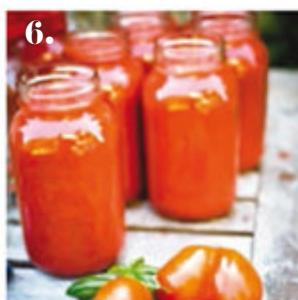
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#CleanEating

We asked a bunch of fitness bloggers what recipes they love both as runners and mothers. Take these pages straight to the kitchen...

**1. Baked Oatmeal**

Amanda Loudin (misszippy1.com) makes this for breakfast every couple of weeks for her family, including a 14-year-old son and a 10-year-old daughter. Loudin likes the "nutritional punch" for running, and she says, "I love sending my kids off to school with a warm, healthy meal in their bellies. I'm a big believer that nutrition and learning go hand-in-hand!" *Serves up to 8*

2 cups rolled oats (not instant)
 ½ cup toasted walnuts, chopped
 1 tsp. baking powder
 1½ tsp. ground cinnamon
 2 cups milk
 ½ cup maple syrup

1 large egg
 2 tsp. vanilla extract
 2 ripe bananas, sliced
 1½ cups fresh or frozen berries

Preheat oven to 375 degrees. **Grease** 8-by-8-inch pan. In a bowl, **mix** oats, half the walnuts, baking powder and cinnamon. In another bowl, **whisk** together milk, maple syrup, egg and vanilla. **Arrange** banana slices in a single layer in bottom of pan. **Sprinkle** ½ of berries on top. **Cover** fruit with oat mixture and **drizzle** with milk mixture. **Scatter** remaining berries and nuts on top. **Bake** for 35 to 40 minutes until top is golden brown. If mornings are hectic, arrange this at night to bake in the a.m.

2. BBQ Black Bean Burgers

As a mom, Lauren Buckel (healthontherun.net) likes the way she can hide veggies in these burgers. As a vegetarian runner, she likes them because they "help combat 'runner!'" (Extra batter can be stored in fridge or freezer.) *Makes 7-8 burgers*

1 large (25 oz.) can of black beans
 ½ cup shredded carrots
 2 cups spinach
 ½ cup breadcrumbs
 1 cup rolled oats
 2 Tbsp. barbecue sauce
 1 egg
 Salt and pepper to taste

Drain and **rinse** beans until water runs clear. **Dump** all ingredients into a food processor and **pulse** or mix until combined. Be careful not to over-process. The mixture should still be chunky, not puréed. Let batter **rest** for 3 to 5 minutes. Meanwhile, **heat** a small amount of olive oil in a pan over medium-high heat. **Divide** and **press** mixture into patties. **Cook** on one side until seared, about 5 minutes, and **flip** and cook for another 3 to 5 minutes. **Serve** on a bun with lettuce, tomato and avocado!

3. Green Smoothie Bowl

Rebeccah Wassner (athletefood.com) says, "This bowl is especially satisfying the morning after a long run or race when you wake up feeling dehydrated and hungry." She whips it up two or three times a week for breakfast or a morning snack. Her 2-year-old likes to say, "I'm eating Mommy's food!" *Serves 1 adult or a few kids*

1 banana, quartered and frozen
 1 apple, cored and quartered
 2 large handfuls of spinach (about 2 packed cups)
 2 teaspoons honey
 ¼ cup cow or almond milk, plus another ¼ cup to help blend, if necessary

Place all ingredients in a blender and **blend** until smooth. **Top** with your favorite fresh fruit, seeds and nuts.

4. Almond-Coconut Chicken Tenders With Avocado Aioli

Sarah Canney (runfargirl.com) created a version of chicken fingers that check a slew of boxes: baked, gluten-free, grain-free, paleo-friendly and kid-pleasing. She uses a homemade honey-mustard mixture that her 5-year-old daughter and 2-year-old son love, and tops the bites with healthy aioli for her and her hubby. "The leftovers are great salad toppers for the next day." *Serves 4*

1-2 cups whole roasted almonds (or 1 cup almond meal)
 ½ cup unsweetened coconut flakes
 Parsley
 Salt and pepper
 ½ cup honey
 2-3 Tbsp. Dijon mustard
 Ground ginger
 1 lb. free-range chicken tenders

Preheat oven to 400 degrees. **Pulse** almonds in food processor until they become a coarse meal. In a large bowl, **mix** almond meal, coconut flakes, parsley, salt and pepper to taste. In a separate bowl, **combine** honey, mustard and a pinch of ginger. **Coat** chicken tenders in honey-mustard mixture, then **dredge** in almond-coconut “breading.” **Place** chicken tenders on greased baking dish and **bake** for 25 minutes. **Serve** with Avocado Aioli (recipe below).

Avocado Aioli

The garlic can give this aioli a bite. To make a milder version, roast the garlic or reduce to 1 clove.

1 large avocado
 2 cloves garlic
 Juice of ½ lemon
 2 Tbsp. Greek yogurt
 Salt and pepper to taste

Halve avocado and remove pit. **Scoop** flesh into food processor or blender. **Add** other ingredients and **blend** until smooth.

5. Pesto Shrimp Cheese Tortellini With Asparagus

Nicole Decker (ndeckerrunner.wordpress.com) and her 15-year-old daughter love this nutritious and filling dish, which Decker says “makes for a great pre-race dinner.” **Serves 6**

1 lb. asparagus
 19 oz. fresh or frozen cheese tortellini
 ½ cup basil pesto
 2 Tbsp. extra-virgin olive oil
 ½ tsp. salt
 ¼ tsp. black pepper
 ½ tsp. garlic powder
 ½ cup shredded Parmesan
 1 lb. peeled shrimp (fresh or thawed frozen)
 2 Tbsp. butter

Bring a large pot of water to a boil. **Remove** tough ends of asparagus by snapping off and discarding.

Cut asparagus into 2-inch pieces and **blanch** in boiling water for 3 minutes. **Drain** and immediately put in ice water to stop the cooking process. **Cook** tortellini as directed on packaging. **Drain** and **place** in large bowl with pesto, olive oil, salt, pepper, garlic powder, and Parmesan, and toss to coat tortellini. **Sauté** shrimp with butter in a large skillet until nearly cooked. **Add** asparagus and **cook** until it’s warmed thoroughly and shrimp is fully cooked. **Mix** prepared shrimp and asparagus with tortellini, and **serve** immediately.

6. Made-From-Scratch Tomato Sauce

WR blogger Michele Gonzalez (womensrunning.com and nycrunningmama.com) says this is one of her favorite recipes. “There’s nothing fancy about it, but it’s a meal that my little guys LOVE—and it’s light and easy enough on my stomach to eat the night before long runs.” She uses it with whole-wheat pasta, black bean pasta, broccoli, chicken or salmon. *Makes about 2 pints*

2-3 Tbsp. extra-virgin olive oil
 ½ medium onion, diced
 2 cloves garlic, diced
 5-6 medium tomatoes, chopped
 Spices (salt, pepper, basil, oregano, garlic powder, red pepper flakes)

Warm olive oil in 1-quart saucepan. **Add** onion and **simmer** on low for about 5 minutes or until onions are soft. **Add** garlic and simmer for 2 minutes. **Add** chopped tomatoes. **Cover** and cook over medium heat. **Stir** the tomatoes every few minutes. After 10 minutes, **add** spices and reduce flame to low. The spices are what give the sauce its flavor, so feel free to get creative with what you add (and how much). (Michele adds a pinch or two of the above spices.) Continue to **cook** on low for 10 to 15 minutes.

7. Lentil Potato Soup

WR’s former cover runner Lindsey Hein (outforaruntraining.com) created this soup with her husband and makes it every other week for dinner and uses the leftovers for lunches. The lentils provide a good source of vegetarian protein and “the potatoes bring the carbohydrate game.” Her 2-year-old son, Marshall, likes to help

by washing the vegetables while mom chops. Lindsey says the process makes him happier to eat all those veggies. He also likes spicy food, but this may be too hot for some little taste buds. **Serves 8-10**

Olive oil
 1 medium onion, chopped
 1 cup chopped carrots (4 or 5 medium carrots)
 1 cup chopped celery (3 or 4 medium stalks)
 1½ cups chopped small golden potato
 1½ cups chopped sweet potato
 1 cup chopped butternut squash (half of a butternut squash)
 1 jalapeño, seeded and finely diced
 48 ounces veggie broth
 ½ Tbsp. onion powder
 ½ Tbsp. garlic powder
 1 tsp. red pepper flakes
 1 tsp. salt
 ½ tsp. black pepper
 ½ Tbsp. oregano
 ½ tsp. cayenne pepper
 ½ tsp. cumin
 1 Tbsp. paprika
 ½ cup mushrooms
 1 cup green lentils
 2-3 cups spinach
 2-3 cups kale, chopped (5 big leaves)
 2 cups water (if needed)

In a large stock pot, **heat** a healthy amount of olive oil to **sauté** veggies. **Add** onion, carrots, celery and cook until soft. Be careful to have enough oil and heat low enough that the onions do not caramelize—that will change the flavor profile. **Add** potatoes, squash, and jalapeño and continue to **sauté** for 15 to 20 minutes. **Add** broth, seasonings and mushrooms. **Cover** and continue to cook over low heat for 25 to 30 minutes. Once potatoes soften, **add** lentils, spinach and kale, and **stir** it all together. **Cook** on low heat covered for another 30 minutes to soften the lentils. **Season** more and add some water as needed. **Serve** with cornbread.

8. Chocolate Avocado Pudding

Eliette Carlson (smackmedia.com/blog) likes this recipe for her two sons (ages 4 and 6) and herself either as a hearty snack, a post-workout lunch with fruit or even dinner, because it’s a good protein and fat source. “It’s a meal in one,” she says, “but also a dessert.” She specifically likes it for

her kids, “because it’s all raw, very healthy, and coconut oil has some great health benefits.” **Serves 1-2**

1 large ripe avocado
 2 Tbsp. coconut oil
 2 Tbsp. organic raw cacao powder
 2 Tbsp. raw agave nectar or honey
 Pinch of sea salt
 1 tsp. vanilla extract
 ¼ cup unsweetened chocolate or vanilla almond milk (or more)

Halve avocado and remove pit. **Scoop** flesh into food processor or blender. **Purée** with melted coconut oil. **Add** remaining ingredients and slowly add almond milk, depending on desired thickness. **Blend** starting on low and then move to high until it is smooth like pudding, but don’t overblend. **Top** with chocolate chips, goji berries, coconut shreds, blueberries or whatever you feel like. If you put it in the freezer or fridge, it will thicken, which is how Carlson likes it best.

9. Grain-Free Granola

Sarah Canney (runfargirl.com) and her kids snack on this mixture by the handful as a snack or enjoy it as a topping for Greek yogurt. Her mom used to make homemade granola when she was a kid, so she’s running with that tradition. *Makes 6 cups*

1 cup sunflower seeds
 1 cup chopped pecans
 1 cup almond meal
 1½ cups shredded coconut
 ¼ cup chia seeds
 ½ cup coconut oil
 ¼ cup of maple syrup
 1 tsp. cinnamon
 Dash of ground cloves, nutmeg and ginger
 1 cup raisins

Preheat oven to 300 degrees. **Combine** sunflower seeds, pecans, almond meal, coconut and chia seeds in a large bowl. On medium heat, **melt** coconut oil with maple syrup and spices. **Add** dry ingredients with wet and **stir** to coat. **Transfer** to a large baking sheet. **Bake** for 25 to 30 minutes, stirring halfway through. When finished roasting, allow to **cool** on baking sheet for 10 minutes. Then **mix** in raisins and **store** in airtight containers or **eat** immediately. 

Water Redefined

With all the new designer waters on the market, here's what you should know before jumping in first.

BY MONIQUE RYAN



WHAT ARE "NATURAL" INGREDIENTS?

The FDA has not developed a definition of "natural," but the word can be used if the product does not contain added color, artificial flavors or synthetic substances. Keep in mind that any packaged product has been processed and is no longer derived directly from the earth.

NATURAL WATERS ARE POPPING UP EVERYWHERE—but which drop should you drink? While coconut water has dented American palates for a decade, other new waters sourced from all kinds of different plants are flooding mainstream supermarket shelves.

Are these designer waters better than the real thing? Not necessarily, but if the taste and lure of added nutrients makes you thirsty, you might want to give your daily hydration plan a boost.



Coconut Water
A cloudy, sweet liquid found naturally within young coconuts, this should not be confused with the much more caloric coconut milk. Coconut water is relatively low in calories and is a great source of potassium (your muscles will thank you), providing as much as a large banana. Sodium levels are too low to make it work as a sports drink replacement—but you can add a pinch of salt if you wish to swig this water on a long run.

Calories: 45 per 8 oz. serving

Carbohydrates: 11g

Sodium: 25mg

Cost: About \$2 or more



Maple Water
Originally sold in Canada, maple water is infiltrating the U.S. market with brands like DrinkMaple, Vertical Water and BetterSweet. The clear liquid is simply sap that flows naturally through sugar maple trees. Usually that sap is boiled down to the viscous syrup that covers your morning waffles (40 gallons of sap makes one gallon of syrup!). Maple water is only slightly sweet, and it has a high level of antioxidants known as polyphenols and provides 40 percent of the daily value of manganese, which plays a role in bone development.

Calories: 20 per 8.45 oz. box

Carbohydrates: 5g

Sodium: 5mg

Cost: \$3



Artichoke Water

Arty is the first artichoke water on the market and it is made from the entire plant, purportedly retaining all the nutrients found in the whole vegetable. This green veggie does have high levels of antioxidants and a modest amount of potassium. The finished product has eight ingredients—filtered water, artichokes, pandanus leaf, spearmint, blue agave nectar, natural flavors, monk fruit concentrate and traces of lactic acid. It may come down to taste: Do you like artichokes?

Calories: 40 per 8 oz. bottle

Carbohydrates: 9g

Sodium: 25mg

Cost: \$3



WHAT QUALIFIES AS A SPORTS DRINK?

A sports drink is formulated to deliver fluid, electrolytes and carbohydrates in the right proportion to maintain hydration and fuel levels *during exercise* lasting longer than 60 to 90 minutes. Generally sports drinks contain 14g to 18g of carbohydrates per 8 ounces, a concentration that empties as quickly from your stomach as water, is readily absorbed and supplies carbohydrate fuel for exercise. They also contain 70mg to 200mg of sodium per 8 ounces to aid in fluid absorption and replace the sodium lost in sweat.



Aloe Water

These waters (and juices) are made from various parts of the aloe plant. The brand Aloe Gloe is made from the inner leaf powder and does have sugar and stevia, which is added to mask the "unique" taste of aloe. This flavor may not be for everyone, and watch out for the heavier aloe juice. Often used to treat and soothe the gastrointestinal tract, it can have a laxative effect, so it may be good for digestion but not hydration. The juice will have more calories as well, sometimes up to 100 for 8 oz.

Calories: 18 per 8 oz.

Carbohydrates: 5g

Sodium: 10mg

Cost: About \$3 per 8 oz.



Cactus Water

We know that cactuses hold in their water, but what you see on health store shelves isn't made from draining a desert plant. The brand Caliwater contains prickly pear cactus puree and extract, water, sugar and lemon juice, while True Nopal includes prickly pear concentrate and water. Prickly pear delivers a rare class of antioxidants called betalains, and it's used medicinally in Mexico for a wide variety of disorders. One manufacturer claims it reduces the inflammation associated with muscle fatigue.

Calories: 35 per 11.2 oz.

Carbohydrates: 9g

Sodium: 15mg

Cost: \$3 per bottle



DIY FANCY WATER

For an all-natural thirst quencher, make your own flavor-infused water. You can pick from fruits, such as citrus, berries and melons, as well as vegetables like cucumbers, celery and carrots. Some herbs and spices to try are mint, rosemary, lavender, ginger and cinnamon, but anything goes! You don't have to worry about high-fructose corn syrup, added sugar or artificial sweeteners while developing flavored combos you love.

Start by adding your choice fruits and veggies to a pitcher and mash them with a wooden spoon or muddler. Add a touch of seasoning or spice, and then add filtered or sparkling water. Let sit for a few hours and serve. You can strain your water as you go, or you can buy fruit-infuser pitchers that contain a removable compartment to keep the good stuff at bay. 



Watermelon Water

This is actually cold-pressed watermelon (perhaps a bit more of a juice than a water), a fruit high in potassium and the phytonutrient lycopene. Wtrmln Wtr delivers a nutritional punch with a whopping dose of potassium and a good dose of vitamin C. If you love watermelon, you will enjoy this refreshing liquid. Keep in mind its juice-like status delivers more carbs than other waters, so drink it sparingly.

Calories: 60 per 8 oz. serving

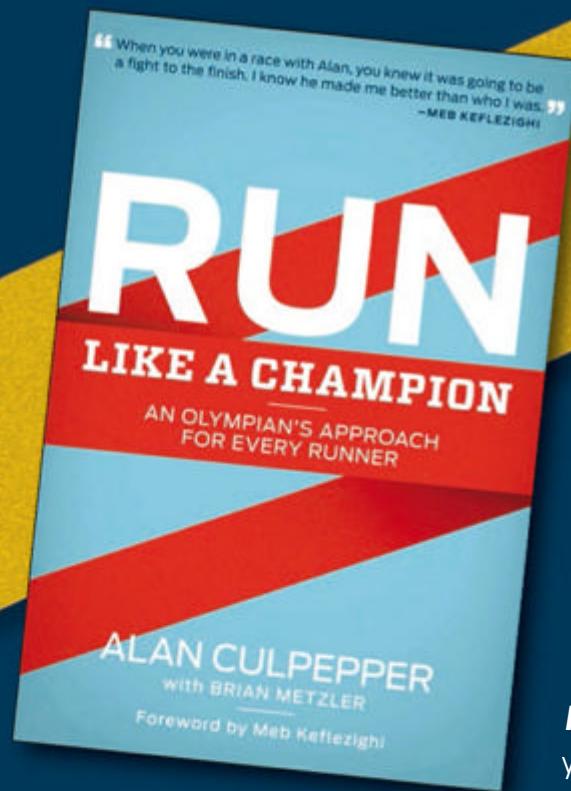
Carbohydrates: 15g

Sodium: 0mg

Cost: \$6 per 12-ounce bottle

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FRESHEN UP

{BEAUTY}



Keep those whites pearly.

Healthy juices containing acid (think: tomato, pomegranate or even kale juice with lemon) can erode enamel, leaving teeth vulnerable to staining and decay. But contrary to popular belief, you should not brush right after sipping, aka when enamel is weakest.

Instead, **sip your cold**
press through a straw
and remember to attend to your chompers morning and night.

FRESHEN UP {WE'RE OBSESSED}



Red nails are supposed to be sexy—but I use this **Essie A-List** (\$8.50, essie.com) polish to cover up the bruised toenails I get from marathon training. The vibrant color hides just about anything. You can even paint it right

on the bed if the nail falls off. Hot, hot, hot!

—Jessie Sebor, *editor in chief*

I tend to get blisters on long runs, so I'm always on the lookout for products that can help. I've started using **FootKinetics** (\$17, footkinetics.com) on shorter runs too, because it makes my feet feel soft. The thick cream goes on before your running socks, and it works its way into your skin to help prevent hot spots. Once I get home and shower, it's as if I went to a spa!

—Nicki Miller, *managing editor*



I'm the worst at taking care of my feet—other than the occasional pedi after a race—but one thing that keeps these tootsies fresh is just lotion and a good pair of fuzzy socks at night. I love the **Little Miss Matched Punk Stars Fuzzy Knee High Socks** (\$15, littlemissmatched.com)

because of the fun design and the fact that the company encourages quirky mismatching with your footwear!

—Caitlyn Pilkington, *associate editor*



Red nails are supposed to be sexy—but I use this **Essie A-List** (\$8.50, essie.com) polish to cover up the bruised toenails I get from marathon training. The vibrant color hides just about anything. You can even paint it right

on the bed if the nail falls off. Hot, hot, hot!

—Nicki Miller, *managing editor*



A lifetime of running and skiing has left me with less than attractive toenails, but that's no reason to neglect the other parts of my feet. Filing my heels and the outside of my big toe with the **Heel to Toe Sanitizable Foot File**

(\$3.50, sallybeauty.com) keeps them smooth and helps prevent calluses. Bring on cute shoes with closed toes and open heels!

—Allison Pattillo, *gear editor*

Come sandals season,
our racing feet
need some extra loving.



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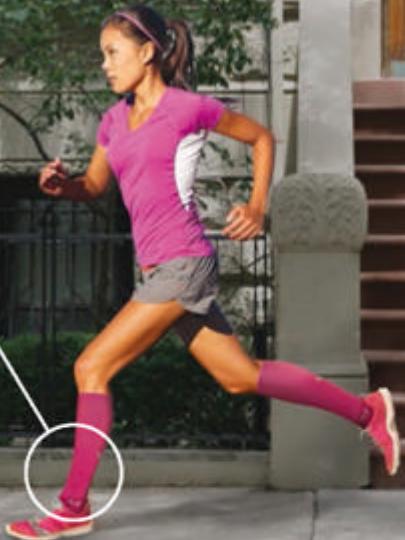


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Beauty Secrets

*What do runners in the beauty industry actually use on themselves?
Two skin-obsessed marathoners lend their insider tips.*

BY NICKI MILLER

When you walk into Blush Beauty Bar in Portland, Ore., it's sensory overload—hundreds of lovely vials, sticks and bottles line the shelves. Luckily, two of the women who work at Blush are also dedicated runners, and they revealed which products are their own personal bests.



Meet Carrie Wilson

This ultrarunner, Ironman and mother likes to keep her beauty products "easy." She only uses a few select items—even though she's the store's buyer.



WILSON'S FAVES



Arcona Desert Mist
Wilson adds this serum to her sunscreen in the morning for an extra layer of hydration and protection against pollution, weather and whatnot.
\$35, arcona.com



Blinc Mascara
The waterproof mascara comes off easily with warm water and a little pressure. Wilson loves that it not only stays put on sweaty runs, but that she can also just brush it away with her fingers in the shower.
\$26, blincinc.com



Coola Sport SPF 50 Moisturizer
This non-greasy sunscreen is part of Wilson's morning routine to keep her face protected from the get-go.
\$32, coolasuncare.com



Iroha Nature Progressive Exfoliation Foot Socks
This is like a chemical peel for your feet, Wilson explains. You'll continue to see flaking for about a week after you use the socks, which Wilson concedes was frightening at first. Now she uses this every three months. It also takes off polish, so don't get a pedi right before using.
\$25, ulta.com



Kai Deodorant
Wilson says, "It works and smells pretty." That may be the bottom line for a deodorant, but it's also aluminum-free, translucent and good for sensitive skin.
\$24, kaifragrance.com



Marvis Toothpaste
Like you just had your teeth cleaned at the dentist—that's how Wilson describes the feeling after brushing with this brand.
\$10.50, drugstore.com

**BONUS: Brush on Block**

Both Wilson and Stohl recommend this product. Stohl thinks it stays on better than sprays or lotions. Wilson loves it for a lot of reasons: It's easy to carry (either in a pocket on long runs or in the car for easy access on the go) and the powder goes on with a see-through layer of protection that won't drip into your eyes. Once you own the brush, then you can simply buy a refill of the powder. \$30, brushonblock.com

Meet Rachel Stohl

This aesthetician is from a family of runners in Seattle. She races mostly half marathons but has done a couple of fulls as well.

**STOHL'S FAVES****Arcona Reozone 40 SPF 40**

This tinted moisturizing sunscreen evens out skin tones as it protects with a non-greasy, water-resistant formula.

\$22, arcona.com

Clarisonic Pedi Smoothing Disc

Not only does Stohl recommend Clarisonic for facial skin care—it's "gentle and gets all the gunk off"—but she's a fan of the new attachment that works to smooth callused heels and toes too.

\$32 (attachment for Smart Profile device) or \$199 (for system), clarisonic.com

FootGloss

Stohl doesn't only use this on her feet. It works under her sports bra to prevent chafing.

\$12, footgloss.com

MoroccanOil Treatment Original

Stohl likes to work this oil through her tresses before she pulls her hair up and goes on a run. A workout is the perfect time to do some top-of-the-head conditioning before she returns to hit the shower.

\$43, moroccanoil.com

RMS Beauty Oil

For her dry skin before a run, Stohl says, this protects and hydrates.

\$78, rmsbeauty.com

Verb Dry Shampoo

Stohl tends to wash her hair about twice a week, so she relies on this product for all those in-between days.

\$14, verbproducts.com

FIRE UP YOUR RUNNING

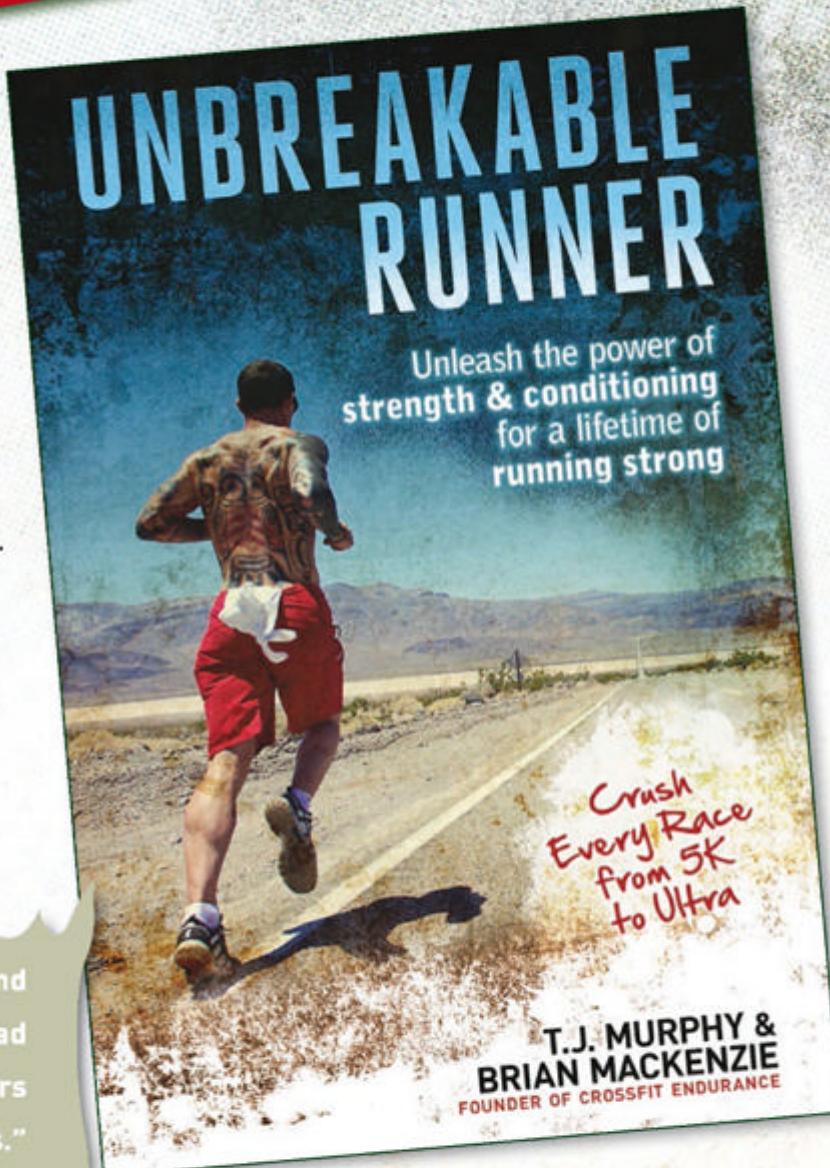
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You don't need anything but your own body weight for these stabilization exercises, which in concert will amp up your abs.

BY RACHEL COSGROVE
PHOTOGRAPHY BY ERIK ISAKSON

Rachel Cunningham
is a runner and mom
of three and lives in
Orange County, Calif.

SPECIAL THANKS TO ORANGE THEORY FITNESS—
RANCHO SANTA MARGARITA, CA

Two to three times a week,
do one exercise from each
category (static, rotary and
dynamic) before heading
out for a run.



Your core is a powerhouse. Think of your middle—abs, back and hips—as the center of your movement. To run efficiently (i.e., faster with less effort), your center must be stabilized while your arms and legs propel you forward.

A tough core is the key to a strong center. Weak core muscles create unnecessary work for other parts of your body—which is wasted energy that delays you from tapping into your true runner potential.

Translation? A muscular midsection is *crucial* to becoming your most efficient runner self. Training your core will help you nail a new PR—and give you some enviable abs.

If you've neglected your middle in the past, make it your first priority before you head out for a run. These body-weight-only exercises make it easy—with **static**, **rotary** and **dynamic** stabilization. This session takes only a few minutes—so you're out of excuses!

STATIC: Hold Still (*Choose One*)

Starting with a static exercise teaches your body to stabilize. By bracing your core muscles without movement you build that strength.

1. Plank

Get down on your elbows and toes with your back in a straight line, elbows directly underneath your shoulders and abdominals braced. Hold this position without letting your back overarch as you keep your abdominals tight.

Perform 1 to 2 sets of a 30- to 60-second hold.



1



2

2. Side Plank

Lie on your side with your bottom elbow right underneath your shoulders. Your shoulders and feet should be stacked, your back in a straight line and your abdominal muscles braced tightly. Lift your hips off the ground, keeping your body in one straight line.

Perform 1 to 2 sets of a 30- to 60-second hold.



1 (a)



1 (b)

ROTARY: Add a Twist (*Choose One*)

ROTARY: Add a Twist (*Choose One*)

When you run, you're propelling yourself by moving the opposite arm and leg to create rotational force across your body. Rotary exercises help you make that movement more efficient.

1. Russian Twist

(a) Sit on the floor with your legs bent 90 degrees and your upper body leaning back slightly. Extend your arms in front of you, palms together. **(b)** Keeping your torso completely still, move your hands and arms straight from one side to the other. That's one rep.

Perform 1 to 2 sets of 8-10 on each side.

BONUS:
To increase the difficulty,
lift your feet off the floor,
or increase the range of
motion of your upper
body as you twist.



2 (a)

2. T-Stabilization

(a) Start in a pushup position with arms straight. **(b)** Shift your weight to one side and turn your hips and shoulders to be square to the wall, reaching your free hand up toward the ceiling to form a T. Keep your body in a straight line and shift back to the start position. Repeat on the other side and continue alternating back and forth.

Perform 1 to 2 sets of 8-10 on each side.

Dynamic: Go Full Body *(Choose One)*

By performing dynamic exercises, you will be able to swing your arms and legs without letting your body move too so that you have a stable center for your movement to come from.



1. Bird Dog

(a) Get down on your hands and knees with your spine in a neutral position (not rounded) and your stomach drawn in tight. **(b)** Reach your right leg straight out behind you, so that you're squeezing your right butt cheek, and your left arm in front, so it's in line with your ear. Your hips should remain square. Return to the starting position and repeat with your right arm and left leg.

Perform 1 to 2 sets of 8-10 on each side.



2. Mountain Climber

(a) Start in a pushup position with arms straight. **(b)** Drive one knee up toward your chest, then return the leg to the starting position as you bring the other knee toward your chest. Be careful not to round your back. Continue back and forth, alternating legs as fast as possible while keeping your core stable. *Perform 1 to 2 sets of 8-10 on each side.*

WHAT ABOUT CRUNCHES AND SITUPS?

Research done by Dr. Stuart McGill, a professor of spine biomechanics, shows that crunches may contribute to back injuries—and that stabilizing exercises (where your spine remains straight) are actually more effective at activating the abs. This is especially true for runners, who need to have the strength to stabilize their core while quickly moving their legs and arms to propel themselves forward.



3. Dead Bug

(a) Start by lying on your back with your hands and knees pointing up like a dead bug. **(b)** Keeping your abdominals braced and your spine neutral, straighten your leg and lower your left foot toward the floor, while lowering your right arm straight overhead. When your foot and arm are just barely off the floor, hold for a count and return to the start. Repeat with the opposite leg and arm. Focus on keeping your core engaged while moving your leg and arm slowly and with control. *Perform 1 to 2 sets of 8-10 on each side.*



MOM POWER

These inspiring runners are dedicated to supporting children—and bettering our world through this sport.

BY NICKI MILLER, ALLISON PATTILLO AND CAITLYN PILKINGTON

TOP OF HER GAME

Last spring, elite track athlete Alysia Montaño used her stomach to make a statement—but now she lets her speed do the talking.

When Olympian Alysia Montaño hit the track for the 800-meter race at USA Track & Field Outdoor Championships last June, the crowd was shocked. The stands buzzed at the sight of her eight-months-pregnant belly spilling out from underneath her bright pink singlet. Twitter exploded with shout-outs of support for Montaño's decision to enjoy the race in her third trimester, while a few skeptics raised concern at her choice to run so late in her pregnancy. This March, Montaño turned heads again after winning the indoor national title in the 600 meters only six and a half months after giving birth to her first child, Linnea.

While a carefully regimented return to running contributed to Montaño's quick success on the national stage, the new mom says her little "number one training partner" was her true secret for success. Montaño believes the journey a mother and daughter share begins before birth, and the ASICS-sponsored runner gave us a peek at just how she nurtured that pregnant runner belly for nine months—and why it matters for her baby.

Why she ran in the 800 meters right before popping:

"I knew I had a platform as an elite runner. I wanted to be an advocate for those mothers who knew they were doing something good for their babies by continuing to exercise during their pregnancy and maybe were experiencing ridicule for doing so. I wanted to show people that, hey, the best thing for mom and for baby is to continue to be healthy individuals."

Why she believes exercise endorphins are key while expecting:

"Pregnancy is not a death sentence. We're not sick. We are creating life and doing something so amazing. Look now—my daughter is amazing. She started army-crawling at five and a half months, got it down by six months, and she was sitting up at three and a half months."

"A lot of stuff was ahead of the developmental sliding scale, and I really think it has to do with a good blood flow and the strength that she got from training with me. She got to experience those vibes and those rhythms of what being healthy feels like."

"Ultimately, you're the vessel for this person who's not in the world yet. I was her vehicle for goodness. For all those moms who are doing that for their baby now, that's what they are doing—being a vessel of goodness."

How everything went down on Linnea's first day:

"The morning I delivered, I ran 5 miles, but it took me 80 minutes to do it. Usually that takes me, like, 35 minutes—so it was just a little bit longer! My due date had just passed—40 weeks is a full gestation period, and 37 is considered full term—so I was 40 weeks and 1 day, and I'm just thinking, *Come on*.

"I texted all my friends and asked what they did the day they delivered, and one told me to eat chili. Another walked 5 miles, so that's why I ran 5. I went to my midwife after my run and asked if I was anywhere near, and she said, 'I think this is going to happen this weekend.'

"So I went home to shower and was getting ready to take a nap, and my water broke—like a full-on fire hydrant gushing water. You don't think you have all that water! Louie [her husband] came in and we were both just dying laughing.

"I turned on 'Curb Your Enthusiasm'—I wanted to laugh and be in a calm mind for a drug-free birth. I read a lot about it, about being calm and Zen, so I thought, *Okay, "Curb Your Enthusiasm," that's how I get my Zen*. We got through an episode and a half before it started to get annoying! Then I started eating chili. When you're working out, you need to eat, so I didn't have a problem eating in between contractions. Some people warned me about chili, but it didn't end up on the bed!"

THREE TIPS FROM A PRO

1) Spend a minimum of two weeks resting after birth. That time with your baby is invaluable, according to Montaño: "You have so much time, it's not like the world is going anywhere. It's still going to be there when you're ready."

2) Start core work soon. Find Montaño's transversus abdominis workout on womensrunning.com.

3) Get back into running slowly. "You still have relaxin hormones in your body, and you just really want to give your muscles and joints time to adjust to the hormones that are coursing through it."

How running and pregnancy jibed:

"I really wanted to stay fit because it was good for me and good for the baby. Your baby picks up on your rhythms, so if you wake up at a reasonable hour, your baby is doing that with you. When you go to sleep at a good time, you're keeping that rhythm."

"I think it certainly helped to have the natural birth that I wanted. But it wasn't just the physical exercise I was doing to prepare; I did a lot of mental work. I was imagining, *Okay, this is an interval, so I'm working a little bit, like in labor*. I'm going to have to work through labor, so I was practicing taking a little bit of breath for the contractions."

"It's funny that everything on the list to prepare for a baby is like being an athlete. When you get your recommendations from your doctor, she or he is really just giving you tools to be healthy. It's not necessarily because you're carrying a baby—I mean, it is, be smart!—but it's the same tips to live a healthy life. Some people think it's better to sit and eat pizza and not work out. Eating for two doesn't mean eating two portions; eating for two means think about what you're eating."

Why she's never need her pants:

"I'm 100 percent. Whatever the recommendation is, I'm going to do it all the way. So if they say do Kegels—seriously!—I'm going to work them into my workout routine. At the end of my hill workout when I was pregnant, I would just add 3x20 Kegel exercises. I think that helped me so I didn't have to pee in my pants."

How awkward running felt after having a baby:

"Everything had recently just opened up to allow a person to come through. I felt kind of funny running—like a baby deer. I just felt wonky, like, *Wait, right, left, how do I do this?* It was funny having to think about how to run. Some women run the next day, but I didn't really want to. My progression back just felt natural. I just had to wait for



things to settle, even the thought that I had a kid now. Sometimes Lou and I would say, *Hey, is that our baby?*"

Why post-delivery was pleasantly shocking:

"I was super surprised how strong I felt so quickly after. My endurance was through the roof. I felt amazing."

"When you're pregnant, you get 60

percent more of your blood volume because you're carrying another person. So I don't know if it was because of that, or because I got a nine-month break from the going-to-the-well training. It was surprising seeing my belly the way it was after giving birth and watching it shrink back. It was like I had a weight vest on for nine months—my legs felt so strong after it was over."

Why Linnea was the most important spectator during her recent 600m victory:

"I thought, *Okay, this is my first big race. I believe I'm going to run fast and going to win.* But more than that was, *Where is she in the stands?!* That's not something I normally think about—my parents come, but I don't think about where they are."

"Then I knew in the finals where she was sitting. I thought, *We got this.* We

got through an awesome nine months together training, so I feel like she's always with me. It was amazing to have this visual affirmation. Having her there and me winning my first national championships back from my pregnancy was just more than anything I could have ever asked for. It just made me know that everything I want and fight for is for her."—CP

ELITE MOTHER RUNNERS

Check out the stats
on these wicked fast
mamas.

Paula Radcliffe

Age and Event: 41, Distance Runner

Children: Daughter Isla, 8, and son Raphael, 5

Pre-Kids: Radcliffe ran her personal best marathon of 2:15:25, which also happens to be the world record, in 2003.

Post-Kids: She won the New York City Marathon less than 10 months after the birth of her daughter, with a time of 2:23:09. A year after having her son, she came in third at the 2011 Berlin Marathon in 2:23:46.

Now: Retired from professional running at the 2015 London Marathon

She Says: "I think that becoming a mother gave me a better perspective on many things and made me realize that some of the things that in the past felt like priorities really weren't. You soon realize that life changes with you and routine is key. I will always be a runner. My kids have never known a life without running in it, and spending time outdoors with them will always mean that some kind of running is going on."

Fun Fact: She took 12 days off after her daughter was born and three and a half weeks after the birth of her son. —AP

THE GIVERS

These generous runners are paying it forward in a big way.



Passion+Purpose

Lisa Smith-Batchen

Any active mom knows that balancing motherhood and running can be a challenge. Add in professional coaching duties and trying to make the world a better place and it sounds almost impossible—but not for 54-year-old mother of two and champion ultrarunner Lisa Smith-Batchen from Driggs, Idaho.

"If I'm planning a big event or journey, I know I'll have to sacrifice something. It's usually sleep, but it's definitely not missing out on time with my kids—finding balance is how you cope."

And the journeys Smith-Batchen references are big feats, like the 584-mile Quad Badwater she completed last year (the first woman to do so). Smith-Batchen took on the heat, suffering and distance, running the Badwater 135 course four times, plus two ascents of Mt. Whitney, to raise money for her foundation, Badwater4GoodWater, in conjunction with Waterkeeper Alliance. Her goal was to bring money and awareness to the need for clean water around the world.

"We were able to raise enough money to build 10 new water wells in Africa, plus make a donation to Waterkeeper Alliance—think of all the kids we helped!"

Making a difference for children is what drives Smith-Batchen. She's passed that passion and desire to help others on to her two daughters, 11-year-old Annabella and 9-year-old Gabriella. Annabella even offered inspiration to Smith-Batchen when she was struggling with the lead-in to her recent TEDx Talk, saying, "Mommy, I don't expect a perfect performance from you. I expect your perfect effort." —AP



Teaching+Training

Natasha LaBeaud Anzures

This 27-year-old has her sights set on the 2016 Olympics. But every Tuesday night, she has a different goal in mind. Anzures trains about 100 children weekly, introducing them to the sport of running. With her husband, Marco, she founded 2nd Recess in San Diego, but she hopes the program will expand beyond four current locations.

The hour-long session for ages 5 to 11 starts with a warm-up and then shifts into a fun run with games that involve running. Sometimes there's even a guest athlete, such as Whitney Ashley, an Olympic hopeful in the discus who recently visited a 2nd Recess session.

After playing a balloon relay, it was time for Ashley to talk with the kids. Parents who had been sitting on the sidelines came closer to hear Ashley explain how long it took her to learn to throw the discus well and the difficult work involved.

After peppering Ashley with questions and enjoying some healthy snacks, the children walked away with the seed of an idea. They too could become an Olympic athlete or a musician or a scientist or whatever they dreamed of.

"We work hard to include one piece that is usually missing with running programs—parental involvement," Anzures says. "We encourage parents to participate in practices and races with their kids and to learn the healthy tips that we discuss in every practice."

A Canadian citizen, Anzures says she has the potential to race in three Olympic events next year: the 5,000 meters, the 10,000 meters or the marathon. She and Marco are waiting to have children, so for now she focuses on being "Coach Natasha," nurturing her 2nd Recess kids. —NM



Counselor+Catalyst

Muria Nisbett

As Muria Nisbett's 16-year-old daughter, Tinisha, entered her teenage years, the single mom saw firsthand how difficult mother-daughter talks could be. This prompted the Tampa duo to develop the Talk Bracelet, which is linked to a log for ages 12 through 18 and comes with a new charm for each year.

Today, Nisbett is working with "Shark Tank's" Daymond John to update the Talk Bracelet with higher-quality jewelry that will endure seven years of teenage wear and to get the word out to more moms. John has been a huge help one-on-one, since Nisbett is not keen on going on TV. "They are really harsh on the show!" she says.

In addition to encouraging conversation, the program suggests activities. One of Nisbett's favorites is running. She ran track in high school and kept it up when she was in the Army, but afterward stopped and gained some weight—which in turn led her back to the sport. Since running her first half marathon a year ago, Nisbett has been addicted to racing, signing up for 5Ks and half marathons regularly. Now that her daughter has joined ROTC, she's running too, so a few times each month, they'll head to the track.

"She won't do more than a mile," says Nisbett, who's finishing up her master's in social work. "She is legitimately faster than me!"

But mom wins in the endurance category. At her first half marathon, she remembers wanting to stop, but she didn't want to set that kind of example for her daughter.

"They remember stuff like that," she says. "Breathing hurts, everything hurts, but I make myself do it." —NM

LASHINDA DEMUS

Age and Event: 32, Hurdler

Children: Twin boys Dontay and Duaine, 7

Pre-Kids: Ranked top 400-meter hurdler in the world
Post-Kids: American record and Olympic silver medal in 2012, bronze medal at 2013 world championships in Moscow

Now: Still competing, blogs at GoWomanGo.com and started the Lashinda Demus Foundation to support youth running.

She Says: "Like many women, I'd always wanted a family, but I also wanted a fantastic athletic career. Once I came to the realization that both dreams were happening simultaneously, I never separated the two or chose to give up one for the other. My career and my family are within my one and only life journey."

Fun Fact: During the final of the 400m hurdle at the London Olympics, Demus could hear her sons yelling, "Go, Mommy, go!" —AP



Demi Payne

Age and Event: 23, Pole Vaulter

Children: Daughter Charlee, 18 months

Pre-Kids: Earned a scholarship to the University of Kansas and cleared a vault of 13 feet 11.32 inches

Post-Kids: In January, Payne vaulted 15 feet 7 inches, placing her at number three in all-time U.S. rankings.

Now: Still competing as a senior at Stephen F. Austin State University in Texas

She Says: "I've never had more motivation to do well in the classroom or succeed in my sport than I do now that I want to make my little girl proud. Mom power is the real deal!"

Fun Fact: Her father (and mentor), Bill, was also a pole vaulter, with a personal record of 19 feet 2.75 inches set when he was competing for Baylor. The two have the combined father/daughter world record for highest jumps. —AP



COACH MOM

Runner mothers prove being a killer coach comes with the territory.

Renee Williams-Smith

2014 Brooks Inspiring Coach

Renee Williams-Smith paved a path for high school female runners when she stitched her own cross-country uniform together in order to compete among the boys. At the time Mira Costa High School in Manhattan Beach, Calif., had no other option for girls. Decades later, Williams-Smith accepted a coaching role there after noticing that while the school now had a girls' team, it lacked critical support. Her efforts earned her the Brooks Inspiring Coach of the year award in 2014—an honor she carries over to her 10-year-old son, Luke, who has already adopted his mom's athleticism.

Like many running mamas, Williams-Smith introduced Luke to the world of endurance at a young age via jogging stroller. As he got older, Luke's bike replaced the stroller during her runs. The shared running life has now become second nature to the duo.

"Now he's joined a little running group at school. I volunteered one day to run with them," she explains. "It's so refreshing to watch kids run. They jump over fire hydrants and climb trees in the middle. It's just a fun thing for them."

This pleasant reminder of the joyous side of the sport benefits Williams-Smith as a professional high school coach as well—many of the girls turn to her as a "second mom"—helping her remember that it's not always "all about pace and how far you're running."

Luke's natural young spunk combined with Williams-Smith's years of running experience allow the sport to serve as a bonding method between the mother and son—something she hopes to carry between them for a long time. "It just something that's natural to us now," she says. —CP



TIPS FROM THE COACH

■ Make time for the things that are important.

"You can't do everything, so choose the things that matter the most."

■ Don't beat yourself up.

"As women, we tend to be pretty hard on ourselves. It's okay to miss a day here and there."

■ Turn runs into experiences.

"If some days he didn't want to get in the stroller, I made it more about the experience than the actual run, pointing out cool things along the way."



Michele Gonzalez

NYC Running Mama and *Women's Running* blogger

As the mother of two young boys and an avid marathoner, Michele Gonzalez has her hands full. She ran her first marathon while attending West Point, but it wasn't until her three deployments to Iraq that she truly discovered her love for the sport.

"I started running consistently almost every single day during the deployment," she recalls. "Running makes everything feel back to normal—it made me feel like a part of home was with me."

During her third, longest and final term in Iraq, Gonzalez trained for her first Boston Marathon and completed the race two months after returning to the states in February 2009. Her next goal was an ultramarathon, but plans shifted when Gonzalez discovered she was pregnant with her first child.

"The reason for my running changed. Before kids it was a way to stay in shape. It was more superficial," she says. "Now that's not really the primary reason. Running is kind of my me-time."

Since having her two sons, now 2 and 4, Gonzalez is not only a mother—but she is also an Ironman, ultrarunner, marathoner and a running coach. She says it was never a question that she would continue to run through both pregnancies—"literally until the day before!"—especially since she was fortunate enough to never suffer any serious runner injuries.

"I'm used to running every day, so my OB-GYN said, 'If you stop that all of a sudden during pregnancy, doing what your body's used to doing, that almost makes things more complicated,'" she explains. "I was healthy, so that's what I did until they were both born." —CP

TIPS FROM THE COACH

■ Be flexible.

"Your time is not completely your own anymore, so you have to find a way to make it all work together. It's like a big puzzle you have to put together."

■ **Rise early.** "For my really important runs, I make a point to get up and get that run done. So for other runs, it's not as big a deal if I have to miss it."

■ **Make stroller time fun.** "We do a lot of games and singing. I have little snacks, and we play music. The other thing is if I have to go for a longer run with the stroller, I try to time it with my younger son's nap schedule. It makes them feel like they are part of it."

Deena Kastor

Age and Event: 42, Distance Runner

Children: Daughter Piper Bloom, 4

Pre-Kids: She was the first American woman to run sub-2:20 in the marathon (2:19:36 at the London Marathon in 2006); won a bronze medal in the women's marathon at the 2004 Olympics in Greece.

Post-Kids: New world record in 2014 for women's masters half marathon with a time of 1:09:39, shattering her own American masters half-marathon record of 1:11:38.

Now: Still competing, president of the Mammoth Track Club and blogs at DeenaKastor.com

She Says: "After having Piper, I wasn't sure I would still have a passion for running. I soon realized that running makes me better at everything I do including being a mom. Now that Piper is 4, it is so fun to share running with her. I love to see her joy while she is running, which means Andrew [my husband] and I have done a good job introducing it to her and leading by example."

Fun Fact: Kastor is featured in the film "Spirit of the Marathon," a documentary about elite runners at the 2005 Chicago Marathon and her victory in the race. —AP

COVER MAMAS

These running moms have moonlighted as cover models for WR.



Samantha Harris, July 2013 Cover

The TV hostess was on our top-selling cover of 2013—perhaps due to her killer abs! The mother of two is well versed in the art of balancing running and taking care of two daughters.

"The biggest difference about running after having my girls is the extra gear, since my runs now required pushing a stroller!" explains Harris. "I didn't love not moving my arms since they were on the handlebars, yet at the same time I appreciated the extra calorie burn from the stroller's weight!"

Harris, who still runs regularly, was recently diagnosed with breast cancer in March of 2014. After undergoing treatment and coming out cancer-free, she launched Gotta Make Lemonade with her husband, a nonprofit dedicated to making lemonade out of lemons and living a fulfilling life with the ones you love.

Harris's Tip: *Combine workout time with playtime. "Whether it was a jog with the stroller or chasing them around the yard in a game of tag, I accomplished a little of the best of both goals."* —CP



Tia Mowry, May 2014 Cover

Nearly three years after giving birth to her first child, Cree, running mama Mowry graced our cover—just in time for Mother's Day! The actress, who ran before and after becoming a mom, says running post-baby takes a lot more effort than before.

"After running after your child all day, you really have to make an effort and prioritize your exercise in order to actually accomplish it," she explains. "It's more rewarding however because of the payoff. When I'm done with a good run *now*, it feels so much better." Mowry encourages other runner moms to remember that good feeling and "never feel guilty about giving back to yourself."

Mowry's Tip: *Schedule workouts before the week begins, like other appointments. "When they are scheduled, on paper, you are more likely to stick to your plans and actually accomplish them."* —CP



Lindsey Hein, September 2014 Cover

Our Cover Model Contest winner came to our cover shoot in San Diego 12 weeks pregnant with her second son. She now lives in Indianapolis with her husband, Glenn, and her sons, Marshall and Louis. Hein says, "Pregnancy and having kids have definitely changed my outlook on running. I've always enjoyed and loved running, but taking care of little people all day sweetens it for me a little more."

After her first child, Lindsey says she ran her fastest times, and after baby number two, she plans to build back up slowly without any speed for two months. "As each year goes by, I understand more and more the importance of safely building mileage and doing everything in my control to prevent injury and stay healthy."

Hein's Tip: *Prioritize and decide what's important to you—like running! "Sometimes you have to drop something to make something else fit."* —CP

Edna Kiplagat

Age and Event: 35, Distance Runner

Children: Son Carlos, 10, daughter Wendy, 6, and adopted son Collins (her nephew), 12

Pre-Kids: Won silver at the 1996 World Junior Championships and bronze at the 1998 World Junior Championships in the 3000m, ran 10K personal best of 32:12 in 2003

Post-Kids: Snagged a new super fast 10K personal best of 31:34 in 2010; won both the 2010 Los Angeles and New York City marathons and was the 2011 and 2013 IAAF world champion in the marathon; ran her marathon PB of 2:19:50 at the 2012 London Marathon—not too shabby!

Now: The Nike athlete is still competing.

She Says: “My children enjoy the work we do and we’re so proud they are in our lives.”

Fun Fact: Husband Gilbert Koech was also a world-class marathoner with a PB of 2:13:45. He now focuses on coaching Kiplagat and managing their family. They were both the youngest of six children. —AP



MOTHER-DAUGHTER DUO

This pair shares good genes, plus an identical love for endurance.



Pat and Kelsey Godfrey

Family who trains together finishes races together! Kelsey Godfrey, author of The Go Girl blog, which chronicles her weight-loss journey through running, says mom Pat's love for competing in races taught her at an early age that anyone can stride toward huge goals.

"It doesn't matter their size or shape or time—you are capable of doing these things," she says. "Having my mom as an example of you can do anything no matter what you look like has helped astronomically in my running."

Growing up around her mom's love for walking, Kelsey chose to complete and write about a 5K as part of a "better yourself" school project—which turned into a true passion for the sport. Together with her mom, Kelsey has now completed 10 events, with Pat walking shorter distances and Kelsey tackling the longer options.

"I did the half, and my mom did the 5K [at the inaugural Women's Running Nashville]. It's the accountability that's good about us racing together," she explains. "But you can also be candid about your experiences. It's a release to vent to someone when you go through it together. You can be honest about it."

The most memorable moment for the duo was a local 5K, where Kelsey paced her mom. "She was able to hit an 11:30 mile for her first mile, so of course I'm bursting with pride!" Kelsey remembers. "How much she was proud for herself made me proud for her." —CP

TIPS FOR RUNNING TO LOSE

■ Don't over- or underestimate

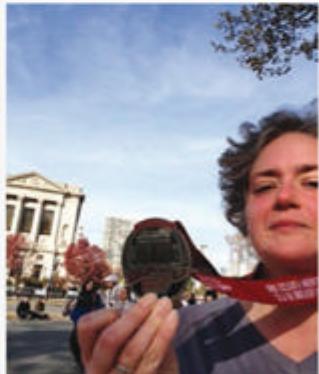
calories burned. "If you feel like you burn 2,000 calories, you might eat a pizza or a ton of pasta. In reality, you may not be burning that much, and you're overestimating your calories."

■ **Follow a training plan.** "You can see how your body's doing, how you feel and how your body reacts to [training for different distances]."

■ **Set smart goals.** "If you sign up for a race, that's one big goal, but set up small goals along the way. You don't get mentally defeated in the process."

BOOK WORMS

The recent release Tales From Another Mother Runner includes many inspiring stories, including Martini's...



Recipe for Double Digits

By Adrienne Martini

Here is how you run 10 miles:

Wake up on the first day of spring, roll into your running gear and wander downstairs for a snack before setting out.

Notice the outside temperature is 14 degrees. Blink a few times, then dash back upstairs to swap out the kicky capris you're wearing for lined tights and a fleece jacket. Ponder mittens but decide you don't want to carry them for most of the run, because you know you'll want to claw them off of your hands 10 minutes in.

Lace up shoes and head outside. Feel the moisture in your skull freeze. Sigh heavily for a second or two. Shake unmittened fist at the low, gray sky. Then go.

Spend first mile remembering the mantra, "Never judge a run by the first mile." Because this first mile, like so many previous first miles, bites the big weenie. You think about a nice warm cup of coffee and a bowl of steel-cut oats drowning in maple syrup and butter. You obsess about the weird little ache in your right IT band and how it has to be the

sign of something awful. And you know this running thing is a stupid way to start a morning when it is 14 degrees outside and you are old and fat and slow.

But mostly you think about that oatmeal.

Around mile 3, you experience what you've been calling "the Dumbledore effect," after the scenes in the Harry Potter movies and books where the wizard gathers up his memories with the tip of his wand and puts them in the Pensieve, which is the stone, birdbath-like dish where thoughts can be sorted and stored for later viewing. Running is your Pensieve, the place you can put all those mental cotton-candy wisps you accumulate over a day, a week, a life, so you can look at all of them objectively.

You Dumbledore your way through miles 4 and 5 too, sifting through various kid crises like your tween daughter's poor organization skills and your 8-year-old boy's addiction to video games. You wonder about your career, if you'll ever sell another book proposal or write anything worth keeping. You decide leaving the mittens at home was the right call while you unzip your jacket just a smidge because you are overly toasty. The 14-degree air feels delightful now.

You also worry about your aging parents, how far away each one lives, and wish you had a sibling who could take some of the load. You make a note to put gas in the car and, maybe, while you're out, get some ice cream. Or maybe those iced cookies you like from Panera.

You let a lot of it go because there's nothing concrete to be done about any of it, and it's hard to maintain that much angst when your legs have found a rhythm.

You pull out a gel from an outside pocket in your fleece jacket just before mile 5 and discover the cold has morphed its consistency to that of toothpaste. It's also your least favorite flavor: peanut butter. Slurp it down anyway because you could use the jolt. You move your emergency gel—the one you carry but don't think you'll need—to an inside

pocket to warm it up a little, just in case.

Then it hits you that having a least favorite gel means you are a real runner.

After mile 5, you turn around, cross the street and head back the way you came. You love to run an out-and-back because you can convince yourself it's not a 10-mile run, but, rather, a 5-mile run you do twice because you have to get home somehow. You've chosen this particular route carefully. The "out" is uphill, which makes you strong even as it ticks you off, especially the near vertical incline at mile 4 that makes you want to vomit three-quarters of the way up. The "back" is blissfully downhill, which feels like flying when your legs are tired and always leads to negative splits. Both knowing the term *negative splits* and achieving that state makes you feel like a badass.

Because you live in a town where there are a surprising number of runners, you play the waving game, in which you wave at every passing runner, just to see who waves back. Women always do. So do men about your age. Young men never do, for reasons about which you can only speculate. It's hard to be young and male. Young men are told all that matters is being faster or stronger or richer than the guy next to you, which makes it so hard to focus on anything else like, say, that slow, old lady waving at you.

It's hard to be young and female too, but for different reasons, like never feeling you're pretty enough or kind enough or determined enough to be worthy of love. You wouldn't go back, even though you do miss your 25-year-old hips and knees.

You could be wrong about all that too. You've been wrong about a lot, frankly.

For instance, take how you thought you would never, ever be a runner. Through miles 7 and 8, you remember how freaking hard it was just to get through 1 mile only a couple of years ago. You were driven to run when a friend's snapshot showed you just how much weight you'd gained

in your late 30s. You recall how 5 minutes of running was about all you could stand before you had to slow to a walk and how only 30 minutes of a run/walk cycle would leave you wrung out and breathless.

And, now, here you are, out on runs that span hours. Which doesn't mean they are easy. The size of the challenge is still just as enormous; the specifics of the challenge have mutated. You no longer worry if you can just keep your legs moving for a mile. Now the worries are about seeing how far you can go. Then, once you get a half marathon under your belt, which is why you're out here in subfreezing weather on the first day of spring running 10 miles in the first place, you plan to see how fast you can go.

There's always something else to reach for, with running and so many parts of life. It's never easy, and the only answer seems to be persistence. Which is a lot of thinky thoughts, you think, for such a simple run.

Your Garmin bleeps to let you know you've started mile 9, which you convert in your head to a simple phrase: 1 mile. You try to forget the other 9 you've just done and how nice it would be to just sit for a second. Those previous miles are in the past. Right now, you only have to run 1 mile. Just one.

You learned this during childbirth, this trick of forgetting the past contractions so you can focus on what's happening right now. It didn't work terribly well in the teeth of labor; it seems to work on the long runs, as long as you don't think too much.

Which is fairly easy by this last mile. Only two thoughts occupy your brain: This is how horses feel when they can see the barn, and, man, you really need to pee after being out in the cold for nearly two hours.

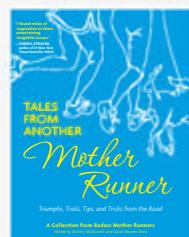
Then you are home. You grab a glass of chocolate milk on your way upstairs—climbing the stairs feels alien after running so long and your legs are confused—and bond with your foam roller before luxuriating in a nice, long shower.

Or that's the plan. What re-

ally happens is you roll out your quads while grousing at the children to do their dang chores and rush through your shower because you forgot the oldest one needed to be at the mall selling Girl Scout cookies about 10 minutes ago.

For a brief moment, you wish you could put your running shoes back on and head out again.

Instead, you grab your car keys and go. 



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NEW TO RUNNING?



Whether you're a mama who wants to set a healthy example for your kids or you have

a friend who might need a little encouragement, *See Mom Run: Every Mother's Guide to Getting Fit and Running Her First 5K* by Megan Searfoss is a great training tool. Searfoss wrote this book loaded with guidance for walking, jogging and running, and she started Run Like a Mother, a 5K series with races in 11 locations throughout the U.S. The Mother's Day weekend races are designed to get moms running as well as their kids with a shorter fun run. "Running has made me a better person, wife, mother, friend, but most importantly, self," writes Searfoss, "and it will do the same for you."

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Aloha, Adventure!

Your running vacation awaits on Hawaii's gorgeous Garden Isle of Kauai.

BY KARLA BRUNING

The least-visited of Hawaii's major islands, Kauai is the Aloha State's best-kept secret. Only 1.1 million of Hawaii's 8.2 million visitors annually venture to Kauai. But runners in the know head to the Garden Isle for technical mountain trails between lushly green volcanic peaks, flat recreation paths with ocean views and one of America's most scenic—and challenging—marathons. The island is best explored on foot (in fact, 90 percent of Kauai is inaccessible by vehicle!), so lace up your shoes and get ready to sweat.

And don't overlook Kauai's 50 miles of soft, white-sand beaches—more per mile than any other Hawaiian island—perfect for a barefoot workout or cool-down splash in the Pacific. Throw in a treasure trove of other outdoor activities like hiking, surfing, swimming, sailing, paddling, riding and zip lining, and you've got an adventure vacation of epic proportions. With average temps that drift between 70 and 80 degrees, it's always a great day to head outdoors. Simply, Kauai is a runner's paradise.

ALOHA. ADVENTURE!



RUN

1. Kauai Marathon & Half Marathon

The Kauai Marathon & Half Marathon rivals any race in terms of scenery and elevation gain. The 26.2-mile course climbs 2,171 feet through Kauai's famous Tree Tunnel, tropical rainforests and backcountry roads, and rewards runners with panoramic ocean views from a perch at Kalaheo. Want a shorter climb? Tackle the half marathon, which shares a beachfront—and downhill—finish with cheerleaders, hula dancers and Hawaiian musicians lining the course. Held annually during Labor Day weekend, the race makes a perfect late-summer escape to the Hawaiian Islands.

2. Ke Ala Hele Makalae

Translated “the path that goes by the coast,” Ke Ala Hele Makalae is a master-planned multiuse recreation trail lining Kauai’s eastern shore. Still a work in progress, nearly 8 miles of glorious off-road doubletrack now link secluded beaches between Lydgate Park and Kuna Bay along Kauai’s Coconut Coast. Largely flat, the path is rarely crowded, with restrooms and picnic facilities along the way. Best of all, the views are spectacular—including crashing waves, sandy beaches, sunbathing seals and even humpback whales in season.

3. Kalalau Trail

If you’re looking for a real running adventure, head to the Kalalau Trail, which starts on the island’s north side. You’ll find 11 miles of technical terrain heading down Kauai’s famed western edge, deep into the Napali Coast. Carved from one of the wettest places on earth, the 3,000-foot cliffs of Hawaii’s oldest island are thick with waterfalls, lush foliage, steep drops and magnificent scenery. As the only land access to Napali, the Kalalau Trail crosses five valleys before reaching Kalalau Beach, where the cliffs meet the sea. Reaching the beach means an arduous, and unforgettable, 22-mile round trip.

SUN

4. Hanalei Bay

Swim in the shadow of Mount Makana, better known as Bali Hai, the fictional peak of “South Pacific” fame. The shark-tooth-shaped mountain towers over the 2-mile-long beach of Hanalei Bay for some of the most gorgeous sunning you’ll find anywhere. Jog a 4-mile round trip on shore, followed by a splash in the sandy-bottomed sea. For cross-training, rent a board in winter when the surf is up, or stand-up paddleboard or kayak in summer when the water is calm. The annual Hanalei Bay Swim Challenge in July welcomes 3,000-meter open-water athletes to the placid, warm pool of Kauai’s north shore.

5. Poipu Beach

Poipu Beach on Kauai’s perpetually sunny south shore might be the island’s most popular stretch of sand. This string of crescent-shaped lagoons reaches from the Sheraton Kauai Resort to Poipu Beach Park. The calm, crystalline waters are perfect for swimming, snorkeling or soaking your legs after a long run, with a mellow pool on one end and coral reefs on another. Windsurfers will enjoy a steady breeze, and surfers can find breakers farther afield. At Lava’s on Poipu Beach at the Sheraton, enjoy a fresh fish lunch or evening mai tai beside the turquoise water.

6. Polihale State Park

Accessible only via a bumpy, five-mile dirt road, Polihale State Park on Kauai’s west side boasts the island’s largest, wildest and most remote stretch of sand. With an arid desert feel, dunes that rise 100 feet and 17 miles of desolate beach, *this* is the place to get away from it all—or go for a really long run. Swim only at Queens Pond to the south; the water is rough elsewhere. But pack a picnic lunch or camp out for the night on the western-facing shore to watch a classically dazzling Hawaiian sunset over the “forbidden” island of Niihau.

**FUN**

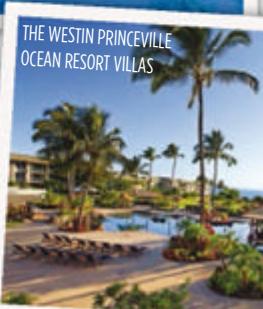
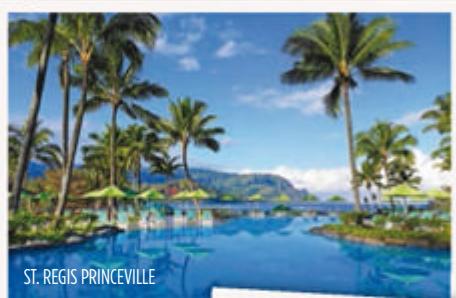
7. Sail the Napali Coast
Sure, you can run the 22-mile round-trip Kalalau Trail through the Napali Coast. Or you can sail the shore with a snorkel or cocktail in hand. The majestic 3,000-foot peaks and cascading waterfalls that plummet into the sea are most impressive by boat. Choose one of the many companies like Holo Holo Charters that offer snorkel trips, sunset sails or even kayak adventures along the legendary shoreline that served as the backdrop for "Jurassic Park." You might spot sea turtles, dolphins or sharks. Squint into the sun, and you'll swear that bird was a pterodactyl.

8. Hike Waimea Canyon
Known as "The Grand Canyon of the Pacific," the 14-mile-long, 1-mile-wide Waimea Canyon is more than 3,600 feet deep. Visit the Waimea Canyon Lookout for panoramic views of this natural wonder, or hit the 45 miles of trails in nearby Kokee State Park, where 4,345 acres of forest, flowers and fauna wait to be explored. Sitting on a plateau as high as 4,200 feet, some of the park's trails offer vistas of the canyon that you won't find elsewhere. Be sure to bring a jacket. Temps at that elevation range from 45 to 65 degrees with a healthy chance of rainfall. The emerald valley below wouldn't have it any other way.

9. Ride Horseback Hawaii-Style
Make like a *paniolo* (Hawaiian for cowboy) and explore the isle on horseback. Whether you're a beginner or expert looking to ride one hour or five, there's an outfit ready to lead you through foothills, sugar-cane fields, rainforests and farmland. At Silver Falls Ranch near Kilauea, you'll enjoy a leisurely trek through 300 acres of tropical trails culminating in an afternoon dip under a waterfall. Try the taro burger for a truly Hawaiian taste.

SLEEP

Tuckered from all that touring? Stay at one of Kauai's resorts known for pampering runners. **Grand Hyatt Kauai Resort and Spa** on Shipwreck Beach is the host hotel for the Kauai Marathon & Half Marathon, offering room and spa specials during race week, running maps year-round, a 24-hour StayFit gym for jet-lagged exercisers and the best pool on the island. **St. Regis Princeville** provides running maps with 3-, 4-, 6- and 8-mile loops, an outdoor running station complete with water bottles and towels, and a gym—not to mention jaw-dropping views over Hanalei Bay. **The Westin Princeville Ocean Resort Villas** not only has the





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#RNRBucketList

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MARATHON & 1/2
14 JUNE 2015

DUBLIN IRELAND
1/2 MARATHON
2 AUGUST 2014

LISBON PORTUGAL
MARATHON & 1/2
18 OCTOBER 2015

LAS VEGAS USA
MARATHON & 1/2
15 NOVEMBER 2015

MADRID SPAIN
MARATHON & 1/2
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Cheers to Running!

These cocktails (and mocktail alternatives) are nutrient-packed for guilt-free post-run toasting.

BY CATHERINE WALTHERS
PHOTOGRAPHY BY TINA RUPP

Many miles. Mojito.

The key to this delicious mojito is the sweet-tart taste of seasonal fruit and fresh-squeezed lime juice, which give runners vitamin C to boost that happiness neurotransmitter serotonin. All you need is a muddler to make this mixed drink.

Serves 7

10 fresh mint leaves, plus 1 sprig for garnish
4 juicy strawberries, hulled
1½ oz. simple syrup (see page 71)
¾ oz. freshly squeezed lime juice (about ½ lime)
2 oz. of your favorite rum, such as Bully Boy
Splash of soda water
Splash of St-Germain (optional)

In a Collins or mojito glass, **add** the mint leaves and strawberries and gently **mash** with a muddler so strawberries are pulpy and juicy. (It's best to add mint leaves first under the strawberries so they stay intact while releasing fragrance.) **Add** simple syrup, lime juice and rum. **Fill** three quarters of the way with ice, and **top** with soda water and a splash of St-Germain, if using. **Use** a bar spoon and **mix** very well to disperse all the flavors. **Garnish** with the sprig of mint.

Hold the Hooch: Muddle mint and strawberries with 2 slices of peeled cucumber to release juices. Add 1½ ounces of both simple syrup and lime. Fill the glass with ice and top with sparkling or soda water.



CHEERS TO RUNNING

Air Banana



Frosty, creamy and delicious, these margaritas or daiquiris (depending on whether you use tequila or rum) re-energize and replenish, adding more than 400 grams of potassium—which plays an essential role in maintaining electrolyte balance and preventing muscle cramps. The walnut rim adds a crunchy contrast and vitamin E, one of the most important antioxidants for athletes.

Serves 6

4 medium-sized bananas
1 cup fresh pineapple chunks
¼ cup freshly squeezed lime juice
6 Tbsp. freshly squeezed orange juice
¾ cup tequila or rum
¼ cup Grand Marnier or Cointreau
½ cup walnuts
Sugar, to taste
Salt, to taste
1 lime, cut into 4 wedges

In a blender, add bananas, pineapple, lime juice, orange juice, tequila or rum and Grand Marnier or Cointreau. Fill to the top with lots of ice and blend until frosty and creamy. Finely chop walnuts by pulsing in a food processor or by hand. Mix in a pinch or two of sugar and a pinch of salt, and place on a plate. Rub the top of a margarita or cocktail glass with a lime wedge to moisten and turn over to press into the walnuts. Repeat with other glasses. Pour the mixed banana pineapple cocktail into the walnut-rimmed glasses.

Hold the Hooch: In a blender, add bananas, pineapple, lime juice, ½ cup orange juice and 1 cup coconut water or light coconut milk. Fill with ice and blend until frosty and creamy. Add to walnut-rimmed glasses.

Sweat Equity

Make this anytime, but especially when temperatures soar and you need the ultimate refreshing drink after running. Don't be tempted to leave out the fresh cilantro—the herb combination with mint and the other ingredients make this light cocktail addictive. A little known super food, cucumbers are anti-inflammatory and highly hydrating.

Serves 1

3 slices of cucumber or 1-inch piece, peeled, sliced in half and seeded
2 sprigs fresh mint
3 sprigs fresh cilantro
1 oz. freshly squeezed lime juice (about 1 lime)
1 oz. simple syrup (recipe top right)
1½ oz. vodka
Soda water

In a tall Collins glass, **add** the cucumber and use a muddler to **break up** the cucumber and release its juices. **Add** the mint and cilantro and **muddle** a bit more just to release flavor but not break apart the herbs. **Add** the lime juice, simple syrup and vodka. **Fill** the glass with ice and **top** with soda water. **Mix** well with a bar spoon to infuse.

Hold the Hooch: Omit vodka and use water or sparkling water. Add a bit more simple syrup if needed.

SIMPLE SYRUP:
Add 1 cup of sugar to 1 cup of boiling water. Stir to dissolve. Let cool, and store in a mason jar in the fridge.



Basil Gimlet



This is one of the easiest drinks to make and super refreshing. Basil is high in vitamin K, considered as important for strong bones as calcium. **Serves 1**

1 oz. freshly squeezed lime juice
1 oz. simple syrup (recipe on page 71)
7 fresh basil leaves, plus 1 for garnish
2 oz. gin

In a mixing glass or shaker, **combine** lime juice, simple syrup, basil and gin. **Muddle** the basil leaves lightly to release flavor. **Fill** halfway with ice and **shake** vigorously for at least 10 seconds, until very well chilled and hydrated with the water from the ice. Double **strain** into a martini or coupe glass. (A second fine-mesh strainer will help capture any bits of basil.) **Garnish** with a small basil leaf.

Spicy Tomato Oyster Shooters

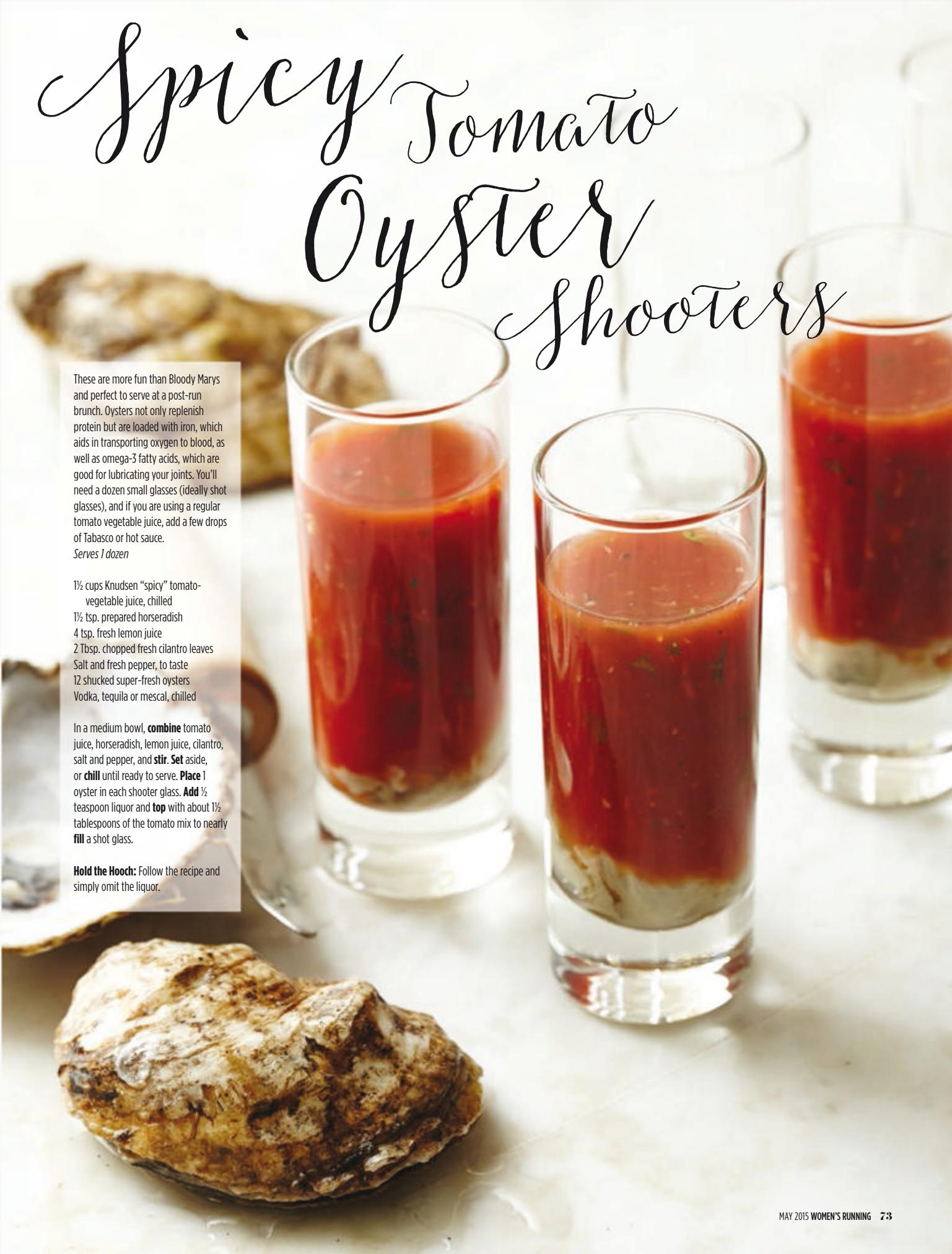
These are more fun than Bloody Marys and perfect to serve at a post-run brunch. Oysters not only replenish protein but are loaded with iron, which aids in transporting oxygen to blood, as well as omega-3 fatty acids, which are good for lubricating your joints. You'll need a dozen small glasses (ideally shot glasses), and if you are using a regular tomato vegetable juice, add a few drops of Tabasco or hot sauce.

Serves 1 dozen

1½ cups Knudsen "spicy" tomato-vegetable juice, chilled
1½ tsp. prepared horseradish
4 tsp. fresh lemon juice
2 Tbsp. chopped fresh cilantro leaves
Salt and fresh pepper, to taste
12 shucked super-fresh oysters
Vodka, tequila or mescal, chilled

In a medium bowl, **combine** tomato juice, horseradish, lemon juice, cilantro, salt and pepper, and **stir**. **Set aside**, or **chill** until ready to serve. **Place** 1 oyster in each shooter glass. **Add** ½ teaspoon liquor and **top** with about 1½ tablespoons of the tomato mix to nearly **fill** a shot glass.

Hold the Hooch: Follow the recipe and simply omit the liquor.





MANY MILES MOJITO PARTY

A make-your-own-mojito bar allows guests to make the classic mojito—rum, lime, mint and soda—or try mixing and matching with fruit for added nutrition and deliciousness. For those who haven't previously made a mojito, it's helpful if someone demonstrates to show how to use a muddler, which gently mashes and draws flavor from the fruit and mint. Here's the basic set-up and ingredients you'll need. Have fun!

PARTY PREP

Limes: You'll need lots of them. Juice in juicer or press and place in 2 quart-size mason jars or pitchers. Chill until ready. (Do not be tempted to use a bottled lime juice!)

Mint: You'll also need lots of fresh mint, 3 or 4 large bunches. Wash, dry with paper towels and place in a wide bowl. Refrigerate wrapped in paper towels, until ready.



TOOLS OF THE TRADE

A few basic tools can get you started on the delicious road to great cocktails at home.

1. Cocktail Shaker: Most professional bartenders use a two-piece set-up, referred to as the "Boston shaker," typically with a 28-ounce metal bottom and a 16- or 18-ounce metal cup or glass that fit together at a slight angle and allow the vigorous shaking of a cocktail. These often work better than the three-piece "cobbler" shakers with the narrow tops and built-in strainers, which strain more slowly and can be challenging to open.

2. Strainer: The "hawthorn" is an adjustable strainer that fits over most shaking glasses or tins to strain the liquid, leaving behind the ice, and any pieces of citrus, fruit or herbs. These are more versatile than the "julep" strainers, the large oval spoon with holes. Bartenders sometimes "double strain" using a second fine-mesh strainer, like a small tea strainer, to capture any finer bits like ginger or bits of herb.

3. Muddler: These range from wooden to stainless. We like the Oxo muddler (\$15, target.com), which has a wide-bottom handle with textured grips.

4. Bar Spoons: These are long, slender spoons used for stirring cocktails in glasses, and easy mixing in taller Collins or mojito glasses. The small spoon also allows for measuring (1/8 of an ounce typically) or a quick taste of the cocktail for any final adjustments.

5. Measuring Spoons: Most bartenders use jiggers to count their ounces, but spoons work almost as well. (1 Tbsp. = 1/2 oz.)

6. Reamer: Citrus fruits are a popular cocktail additive as the acid of the fruit tempers the bite of the booze. A fork or pair of closed tongs can help you squeeze a lime or lemon, but a handheld reamer like this one will extract much more juice. A sturdy pressing juicer like the Chef'n FreshForce (\$24, amazon.com) is also a solid investment. It fits right over the glass and makes quick work of juicing a lemon or lime.

Simple syrup: Combine 3 cups sugar with 3 cups boiling water and stir until clear. Cool, and store in 2 quart-size mason jars or pitchers. Label.

Rum: Buy a few bottles of your favorites. Light (white) rum here is slightly preferable to a dark rum.

St-Germain liqueur: A splash works especially well with the fruit-enhanced mojitos.

Fruit: Set out 2 or 3 varieties, such as strawberries, blackberries, cherries, kiwi, pineapple, peaches or apricots. Prep by rinsing and either pitting or hulling. Some sliced cucumbers also work nicely.

MAKE-YOUR-OWN ZONE
Your prepped ingredients: bowls of fruit and mint, and jars or pitchers of lime juice and simple syrup

Ice buckets: 1 or 2, filled

Bottles: spirits plus club soda or sparkling water

Glasses: The best glass is a mojito or Collins glass, straight and tall, yet wide enough for muddling.

Other equipment: 3 or 4 muddlers, long bar spoons in a mason jar and a few jiggers for measuring

2 laminated copies: Many Miles Mojito recipe (page 69)

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BECOME A RUNNER



*Build up to a
30-minute run
in eight weeks flat.*

BY CHRISTINE LUFF

ALL IMAGES: STUDIO FIRM/STOCKSY

Whether you're brand-new to running or trying to get your groove back after a long break, the first steps can be tough. It takes time to build endurance and get your mind and body used to the striding motion. To keep your confidence high and injury risk low, it's best to stick to a training schedule. This simple plan will safely get you up and running in just eight weeks.



HOW DO I START?

With this plan, you'll run three days a week, alternating between intervals of running and walking for 20 minutes, plus a warm-up and cool-down. If you're not quite ready to be active for 30 minutes, give yourself some time to work up to that before starting this program. And, of course, check with your doctor to make sure you're cleared to start a running program, especially if you've recently been injured or had a baby.

WHERE SHOULD I RUN?

It's up to you whether you want to do the workouts on the treadmill or in the great outdoors, but keep in mind that you'll use slightly different muscles when you run outside. So if you do primarily treadmill running, be prepared for a little discomfort (particularly in your shins or calves) as you transition to outside running.

HOW FAST DO I NEED TO GO?

All of your run intervals should be done at a comfortable, conversational pace. If you find yourself huffing and puffing and not able to speak in complete sentences without gasping for air, slow down. Do your walk intervals at a brisk, steady pace, and don't be tempted to take it easy. You'll want to keep your heart rate elevated so it's easy to transition back to running. Make sure you keep your arms at a 90-degree angle—don't drop them to your side and walk casually. And keep your stride short, so you're not putting stress on your hamstrings and shin muscles.

WHAT IF I CAN'T WORK OUT?

Don't sweat it if you miss a day here or there, but try to stay consistent. It's fine to repeat a week if you feel that you're not ready to move on. Ramping up too quickly can lead to injury, so it's better if you progress at the pace that's right for you.

CAN I SWITCH THE DAYS AROUND IN THE PLAN?

You can, but try not to run two days in a row, so your body has a chance to recover. On the days you're not running, you can either take a rest day or build your endurance by doing other types of cardio. Be sure to give yourself at least one complete rest day each week.

A LEG UP

Using a running app or fitness tracker can keep you in sync with your training, but you don't need one with lots of bells and whistles. Here are some basic, easy-to-use options to give your motivation a boost.



Endomondo

This app tracks duration, distance, calories and more in real time. It also offers audio feedback and even lets your friends give you a pep talk while you're running. Set a time, distance or calorie goal and get more advanced audio coaching. Free; iOS, Android



GymBoss 2 Interval Timer

Perfect for new runners, this app makes it easier to switch between running and walking. You can preprogram your run/walk intervals and it'll beep to let you know when it's time to switch. Free; iOS, Android



Nike+ Running

In addition to tracking your distance, duration, pace and calories burned, this app creates a map of your run so you can review it to see how your pace changes during different parts of your course. Syncing your runs to the Nike+ website lets you track goals and find top routes in your area. Free; iOS, Android



Fitbit Zip Activity Tracker

In addition to tracking steps, distance and calories burned, this can be used to get on-the-go pace and distance stats with voice cues in conjunction with its MobileRun app. It also offers music controls so you can select or shuffle your songs. \$60, fitbit.com



Runtastic Orbit Activity Tracker

If you're looking to track more than just workouts, this provides info about your total steps, calories burned, sleep cycles and more. You can use it to set goals and program vibrating notifications. It also features time and alarm functions, eliminating the need to wear another device on your wrist. \$120, runtastic.com



Jawbone Up Move Fitness Tracker

This is less expensive than some of the other fitness trackers out there, but you still get a lot of bang for your buck. It tracks steps taken, distance traveled, calories burned and hours slept, and allows you to connect with friends so you can track each other on team leader boards. \$50, jawbone.com

TRAINING PLAN

WEEK 1

- Day 1: Run 1 minute, walk 1 minute x 10 = 20 minutes total
- Day 2: Strength training
- Day 3: Run 1 min, walk 1 min x 11 = 22 min total
- Day 4: Rest or cross-training
- Day 5: Run 1 min, walk 1 min x 12 = 24 min total
- Day 6: Strength training
- Day 7: Rest

WEEK 2

- Day 1: Run 2 min, walk 1 min x 7 = 21 min total
- Day 2: Strength training
- Day 3: Run 2 min, walk 1 min x 8 = 24 min total
- Day 4: Rest or cross-training
- Day 5: Run 3 min, walk 1 min x 6 = 24 min total
- Day 6: Strength training
- Day 7: Rest

WEEK 3

- Day 1: Run 3 min, walk 1 min x 7 = 28 min total
- Day 2: Strength training
- Day 3: Run 4 min, walk 1 min x 5 = 25 min total
- Day 4: Rest or cross-training
- Day 5: Run 5 min, walk 1 min x 5 = 30 min total
- Day 6: Strength training
- Day 7: Rest

WEEK 4

- Day 1: Run 6 min, walk 1 min x 4 = 28 min total
- Day 2: Strength training
- Day 3: Run 7 min, walk 1 min x 4 = 32 min total
- Day 4: Rest or cross-training
- Day 5: Run 8 min, walk 30 seconds x 4 = 34 min total
- Day 6: Strength training
- Day 7: Rest

WEEK 5

- Day 1: Run 9 min, walk 1 min x 3 = 30 min total
- Day 2: Strength training
- Day 3: Run 10 min, walk 1 min x 3 = 33 min total
- Day 4: Rest or cross-training
- Day 5: Run 12 min, walk 1 min, run 12 min = 25 min total
- Day 6: Strength training
- Day 7: Rest

WEEK 6

- Day 1: Run 14 min, walk 1 min, run 14 min = 29 min total
- Day 2: Strength training
- Day 3: Run 16 min, walk 1 min, run 16 min = 33 min total
- Day 4: Rest or cross-training
- Day 5: Run 18 min, walk 1 min, run 16 min = 35 min total
- Day 6: Strength training
- Day 7: Rest

WEEK 7

- Day 1: Run 20 min, walk 1 min, run 10 min = 31 min total
- Day 2: Strength training
- Day 3: Run 22 min, walk 1 min, run 10 min = 33 min total
- Day 4: Rest or cross-training
- Day 5: Run 24 min, walk 1 min, run 10 min = 35 min total
- Day 6: Strength training
- Day 7: Rest

WEEK 8

- Day 1: Run 26 min
- Day 2: Strength training
- Day 3: Run 28 min
- Day 4: Rest or cross-training
- Day 5: Run 30 min
- Day 6: Strength training
- Day 7: Rest



WARM-UP & COOL-DOWN

Make sure you warm up by starting each workout with 5 minutes of brisk walking, and then end your session with a 5-minute cool-down walk and some gentle stretching.

Strength Training

Start by doing body-weight exercises, such as squats, lunges, heel and toe raises, push-ups and planks. Add light weights as your strength increases. Yoga is also an excellent way to build strength and improve flexibility. Try to incorporate two strength-training sessions into your weekly routine, because they help you build muscle and avoid injury as you build your running endurance.

Cross-Training

Think cardio: cycling, dancing, using the elliptical, stair-climbing, swimming, rowing or another activity that you enjoy!

FROM OUR FEET TO YOURS

We tested this season's new running
shoes to dig up 12 winners for our spring
Sole Mate Awards.

BY ALLISON PATTILLO
PHOTOGRAPHY BY JAMES FARRELL



Every spring, running brands serve up a hot crop of new styles, and we take the kicks through rigorous testing to suss out the cream of the crop. We've seen seasons full of minimal speed flats and ones of heavily structured plodders. But this year, the hottest trend was in the sole.

Comfortable cushion and foam wizardry could be found across different companies and shoe types. Need support? There's a plush ride for that. Hitting the trails? Shock-absorbing protection lets you pound out the miles.

Our editors and testers made their way through more than 30 of the latest styles. The select Sole Mate award winners were the shoes we gravitated to again and again after putting in miles on roads, at the beach, on treadmills, along rolling coastal paths and across snow-covered and muddy mountain trails. Whatever your feet require, you'll find your new match in these nearly perfect trainers.





SHOE TALK

Running footwear has its own special language.

Drop (or stack height) refers to the difference in sole height from heel to toe. The variance occurs in the thickness of the midsole, which can go from no variance to being slightly raised at the heel and sloping down toward the toe. Traditional running shoes have a higher drop (around 10mm), while natural running shoes meant to mimic barefoot running often have a low or 0mm drop.

Midsole is the section of the shoe between the **upper** (the part that laces and wraps around your foot) and the **outsole** (the durable bottom part of the shoe that comes in contact with the road or trail). This is where the cushion happens! The midsole also houses corrective elements and rock plates, if included.

The **toe box** is the part of the upper that encloses your toes. Toe boxes used to be more on the narrow side of the spectrum, but are starting to be designed with more room, allowing tootsies to splay and grip for a more natural running stride (and happier toenails!).

Rock plates are your friends when it comes to running on rocky surfaces. They comprise a thin layer of a sturdy yet light and flexible material between the midsole and outsole to protect feet from feeling the full effect of sharp rocks and roots. Not all trail shoes have or need them. It depends upon your terrain of choice. Ask your local shoe salesperson for advice.

Neutral shoes let you run naturally, whatever that means for you. They don't have any control or support elements to interfere with your stride. That said, there is still a wide range of options with different uppers, drops, midsole thicknesses and treads, meaning you need to find what works for your feet.

Stability shoes help to correct under- or overpronation. Motion control and support elements, like firmer midsole material on the inside (**medial**) edge of stout heel cups or built-up rails on the outside (**lateral**) edge are added to the shoe depending upon its intended purpose.

WR
WINNERS

SOLE MATE Winners!

Tackle the trails or your next obstacle race in nimble, sure-grip comfort. With 21mm of cushion underfoot, off-road nuts can still feel the ground without their feet getting beat up by rocks and roots.

The padded heel cup has a no-slip fit and opens into a wide toe box that allows toes to splay. A flexible-yet-responsive tread envelops the terrain to promote sure footing. The shoe comes with an

optional rock-plate insert, and our testers preferred the ride with the plate included, especially on technical trails.

Weight: 7.5 oz.
0mm drop
altrarunning.com

Altra Superior 2.0 \$110



Adidas Ultra Boost \$180

This bootie-style design—meaning there's no pesky tongue to move about—is more than the sum of its stretchy upper and its dreamy foam midsole. The one-piece design has a comfortably snug heel pocket and a slipper-like fit that would make Cinderella smile. If you think a high degree of cushion leads to sloppy running form, think again. The neutral shoe has a small wedge in the back of the shoe for heel-striking stability, and a flexible, rockered sole lets runners roll through their stride into a peppy toe-off.

Weight: 9.4 oz.
10mm drop
adidas.com



ASICS 33-M \$140

In case you're wondering the meaning behind "33," that's how many bones are in the human foot! Natural foot motion is the goal with the 33 line. This style has a deceptively firm ride and a

touch of under-pronation support for a tight stride no matter how you land. Sure, the beefed-up sole may look ungainly at first, but it's paired with a sleek mesh upper for a refreshing

combination of comfort and responsiveness to knock out long training runs with a little less pounding.

Weight: 8.9 oz.
4mm drop
asicsamerica.com

It can be a challenge to get good flexion and movement in such a beefy shoe, which is exactly what makes the Constant and its unexpected rockered design so fun. This model delivers a touch

of stability, responsive toe-off, rebound and cloud-running comfort all in one package. One tester said, "The insulated ride gives my legs a break during long runs." Another decided they were perfect for

recovery runs. Our test team found this shoe runs about half a size large.

Weight: 9.3 oz.
4mm drop
hokaoneone.com

Hoka One One Constant \$160



La Sportiva Mutant \$130

"I felt in control on loose and gravelly trails," raved one tester. Rocky running is tough, but the marriage-made-in-heaven combo of a cushioned tread with aggressive,

multi-directional lugs and a locked-down bootie upper means your feet can handle it with grace. A wrapped tongue holds the foot in place for those with medium-width feet. They even have a

badass piercing—not really—but the pronounced heel loop that makes it easier to get in the shoe has a fierce look.

Weight: 9.5 oz.
10mm drop
sportiva.com



Brooks Launch 2 \$100

When your shoes fit like a dream, big-mile weeks earn two thumbs up. And if you remember the original Launch from the 2010 release, your feet will be ready to do a jig, or a 10K, with its return. A silky

smooth heel cup, padded tongue and all-over comfy upper—complete with stretch laces—sit atop a bed of foam and gel cushioning. The fun-running shoe has a flexed groove outsole that seemingly hugs the road,

thanks to the tire-inspired tread. One tester happily rocked these for her first marathon!

Weight: 7.8 oz.
10mm drop
brooksrunning.com

WR
WINNERS

SOLE MATE Winners!

A low drop, smooth fit and responsive cushioning combine to create a neutral sweet spot for training and racing smiles. The lightly cushioned heel collar and cinch-tight midfoot—with a padded tongue for

all-around plushness—hold feet comfortably. “These felt light coming out of the box and even lighter on my feet. The upper worked well with my foot, was breathable and easy to slide on and off,”

said one runner. Add in an energetic pop from compressed toe foam, and the result is a joy for medium distances.

Weight: 6.4 oz.
6mm drop
newbalance.com

New Balance Fresh Foam Zante \$100



Mizuno Wave Hitogami 2 \$100

“Smooth,” “peppy” and “agile” are some of the words testers used to describe running in Mizuno’s sleek racing flat. The fit is uniformly slim from heel to toe in the soft upper. These have just enough cushioning to protect you from the road, and a grippy tread for confidence on slippery sidewalks. The low-profile design gets additional support from a wavy (thus the name!) heel plate. “Love this lightweight trainer for short tempo runs and speed work—hello, farteeks,” enthused one tester.

Weight: 6.2 oz.
9mm drop
mizunousa.com



Nike Air Zoom Elite 7 \$100

In its seventh iteration, this everyday trainer is easy to like. The midsole foam insulates your foot from the ground, while being firm enough to provide support and crisp striding. Plus, a rubber crash pad on the outsole encourages fluid transition from heel to toe. These have a more traditional (narrow) road shoe fit with a cozy heel cup, foot-forming tongue and lace-tightened

stretch-cable supports that cradle the midfoot and enable a dialed fit.

Weight: 8.0 oz.
8mm drop
nike.com

WHICH SHOE IS YOUR
PERFECT PAIR?
Flip to “Flow State”
on page 88 to
find out!



Skechers GoRun 4 \$100

The new GoRun has the flexible, soft cushion that legions of Skechers fans have come to love, with the performance bonus of more support than previous models. A wider shoe base means more ground contact for both comfortable landings and quick step-offs. Two different foam densities are used in the midsole to give some arch support and help feet spring (not collapse) while

striding. The breathable upper has also been redesigned for a stretchy-yet-streamlined fit and has a wide, stay-put tongue.

Weight: 6.0 oz.
4mm drop
skechers.com



Under Armour SpeedForm Gemini \$130

When you slip your foot into this smooth upper, something about its structure, especially the engineered heel cup, may feel oddly familiar—it's made in a lingerie factory using the same processes

as bra cups! It has a glove-like fit best suited to average and slightly narrow feet and is crafted from mesh fabric to help feet stay cool as you crank out the BTUs. Much more than a racing flat, the Gemini has

enough cushion to protect feet from pavement pounding, but not so much that it takes away from this speedster's nimble feel.

Weight: 7.0 oz.
8mm drop
underarmour.com



Saucony Zealot ISO \$130

This generously cushioned, yet lightweight, neutral shoe is made for training and racing. "The cushioning in this shoe is awesome with just enough give to keep feet comfortable on long road runs while still allowing

ground awareness and snappy responsiveness," said one tester. And talk about a party-pleasing fit—these have a generous toe box, snug heel cup and soft mesh upper that felt good to runners with both average-

and wide-width feet. You can even leave your socks at home because the upper feels silky smooth against your skin.

Weight: 7.4 oz.
4mm drop
saucony.com

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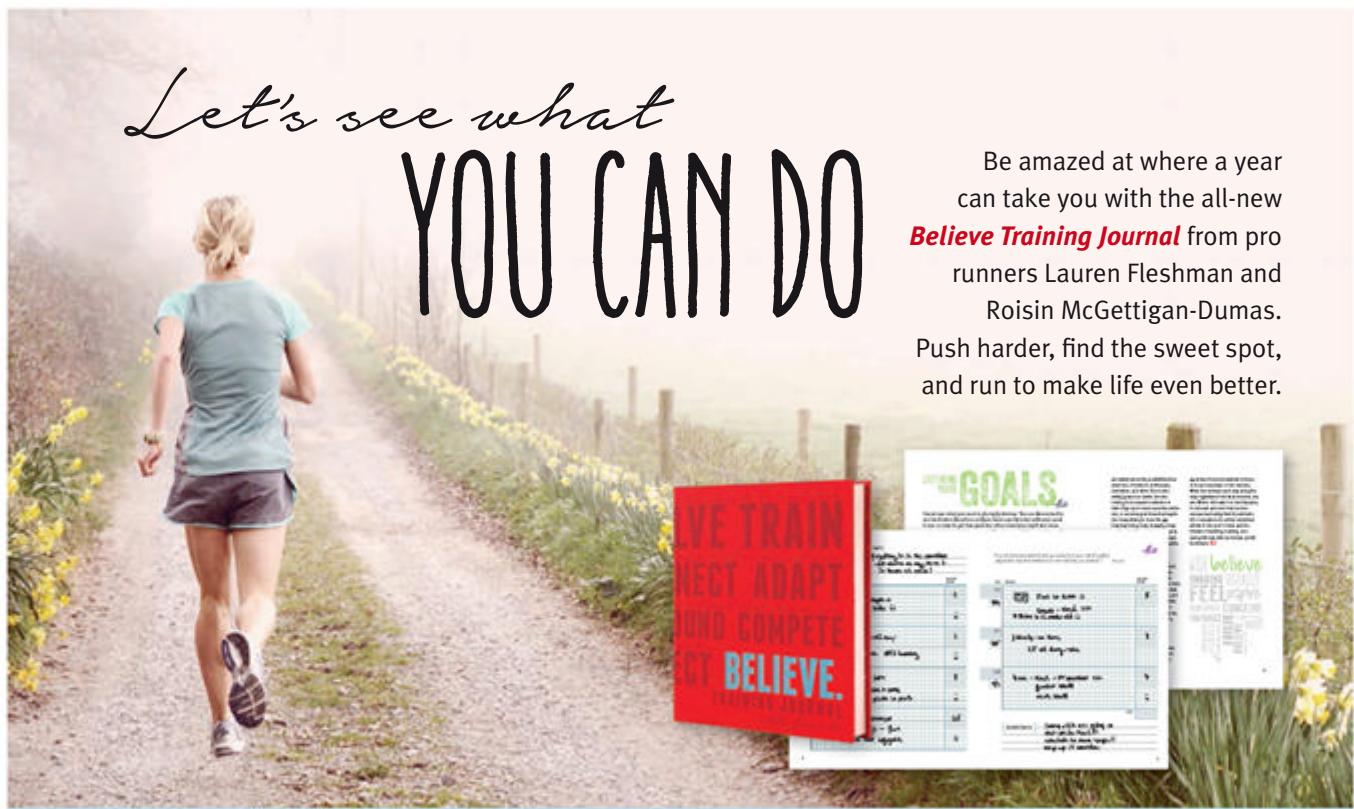
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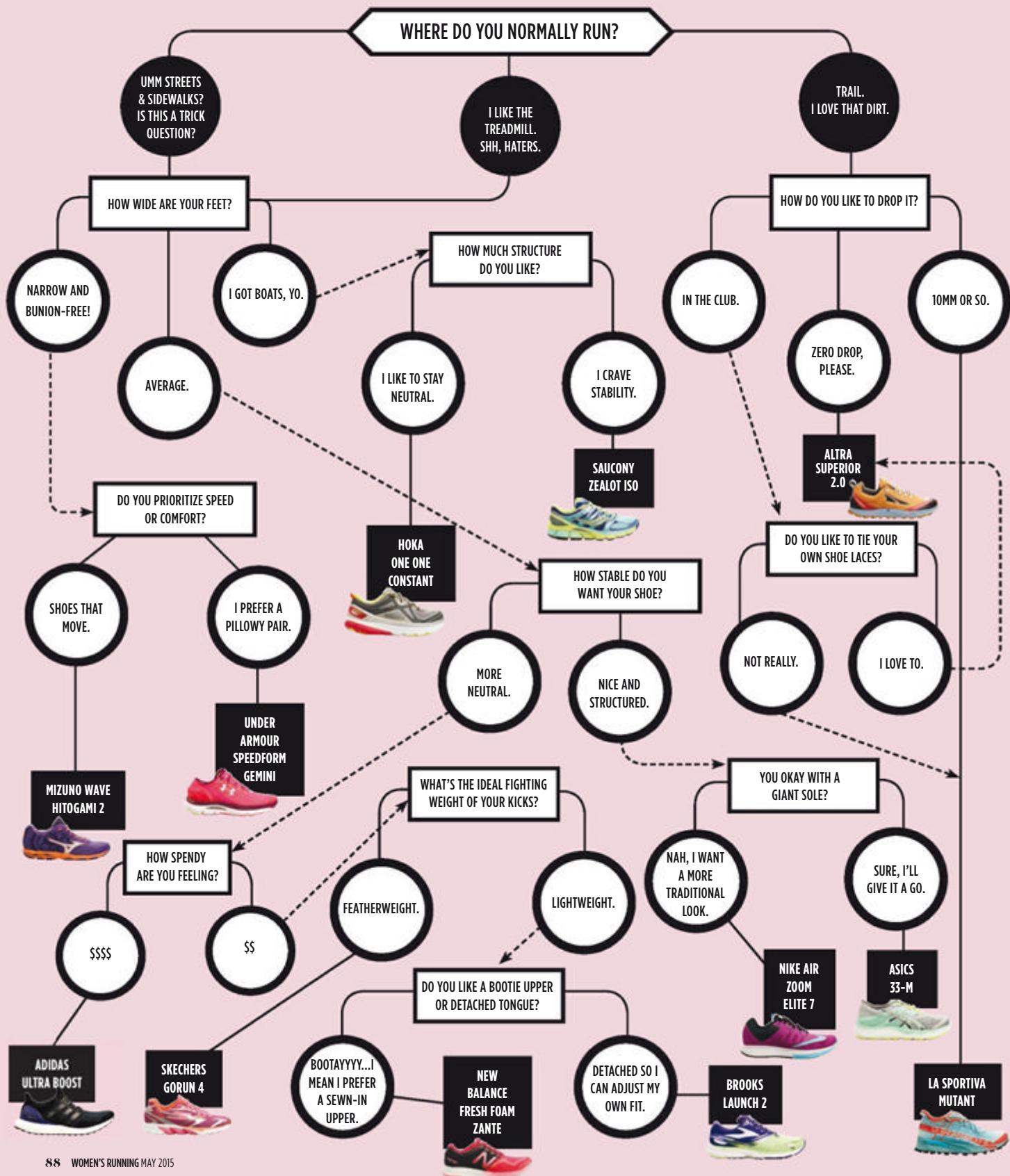
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FLOW STATE

WHAT'S MY PERFECT RUNNING SHOE?

The shoes listed here are our spring 2015 Sole Mate Award winners (page 80).
Disclaimer: This is just a silly quiz. Go to your local running store to find your ideal fit.



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